

Speaker 1 ([00:00:08](#)):

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

Welcome back to the Journey On podcast. I'm your host Warwick, Schiller. And today I get to interview someone who I've had. I think I've had more requests to interview this gentleman than anybody else. And my guest today is Mark Rashid. So Mike Rashid is an internationally known author and horseman, and he probably something that's interesting about Mark is he has studied the art of the martial art of Ika for quite a long time has bought a lot of the, a lot of the mindset from Ika to which teaches the way of harmony into working with horses. You know, Mark's been a guest on NPRs the horse show and he was featured on the nature series on PBS. He's the author of 14 books, including considering the horse horses, never lie life set lessons from a ranch horse horsemanship through life, whole heart, whole horse journey to softness finding them his path, as well as my favorite title, a good horse is never a bad Keller. He also has three music CDs. So he's a musician as well, which a song of the Prairie making good time in my Western town, which were recorded with his good friend, Brad Fitch. But I'm so excited to have Mark on here and get to know a little more about him. I met him once a couple of years ago, but yeah, really looking forward to this conversation. So let's get Mark Rashid On the line. Welcome to the podcast.

Mark Rashid ([00:02:02](#)):

Thank you. Warwick This is great to see again. It's been a while. It has been a few years now. It was a maybe equine affair in Columbus, Ohio, maybe, or Massachusetts. One of those, I believe. That's right. Yeah. So here we are, Mark you, ah, I horseman musician, author Akido, aficionado. What is it? What is it you can do? Well I'm sure there's a lot of things I can't do, but I try not to think about that too much, you know, out of every once in a while I'll S I'll put out on my social media. Who would you like to have as a, who would you like me to have as a podcast guest? And I think your name pops up more than anybody, more than any other single one name. So you must be, it must be making an impact somewhere. Oh, that's really nice. And I appreciate that. Yeah. I'm very kind of people To do that. Yeah.

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

Yes. It's amazing, amazing position to be in isn't it,

Mark Rashid ([00:03:04](#)):

It is hard, hard to believe that, you know, just spending some time with horses and that sort of resonates with folks and, and that's nice. That's great.

Warwick Schiller ([00:03:17](#)):

Yeah. I think it's amazing. So let's, let's get started. Let's talk about your books. How many books have you written?

Mark Rashid ([00:03:25](#)):

I think it's 13 or 14. Yeah.

Warwick Schiller ([00:03:29](#)):

How long, how long a span was that?

Mark Rashid ([00:03:34](#)):

My first one came out in 1992, I believe. And then the last one came out about three years ago. And at this point I'm kinda done writing books, I think so I'm, I'm, I'm actually spending my time, my writing time on movie scripts. So that's movie scripts. Yeah. You tell I'm excited now. Detail. Yeah, no. One of my books out of the wild, which is a novel that got picked up and so I've wrote the script for that. And the movie came out two or three years ago, and then I've just been writing scripts ever since and picked up a manager this past year. And so that's been going pretty well, won several awards with the scripts that I've written several of the scripts that I've written and it's going really well. So nothing nothing's sold other than the first one yet, but but we've got some irons in the fire.

Warwick Schiller ([00:04:48](#)):

And so w the first one that's sold that was made into a movie, was it, what sort of movie was it like an indie flake? Yeah.

Mark Rashid ([00:04:56](#)):

Yes. Yeah. It was a, it was an indie thing. Unfortunately we picked up one of the producers and this is not a I'm not disparaging at all here. So one of the producers was, it was his first time out. And so he he ended up getting the distribution deal, which was not that good of a deal. And so the movie did really well. It didn't get in theaters. It did it went straight to DVD and sold out nationwide and Amazon and Walmart within the first week. And then and when I think they, I think it's streamed for about six months or so. And then now it's just on DVD.

Warwick Schiller ([00:05:50](#)):

So tell us about your first book. How does, what, what was the you, what was the thing that said, you need to write a book, get someone talk you into the book. Did someone suggest you write a book? Did you think I should write a book? Did you get some divine intervention? What was the start of your first book?

Mark Rashid ([00:06:08](#)):

That's a really good question. I get that all all the time and, and it was it's funny. I was I was teaching horse training. We were using Mustangs for that at the time. And one of the students said that they had a her husband had a horse that he was having trouble getting along with and they wanted to sell him. And could I come over and take a look at him and see see what he'd be worth? And so I went over and you couldn't catch him. So I spent a little time with him there and got him to where he could catch him. And once she got him caught he didn't want to stand tied. So we worked on that a little bit. And then once we did that, he didn't want to be saddled and groomed. And so he spent a little time on that.

Mark Rashid ([00:06:53](#)):

And then once we did that, then you wouldn't want to let you get on. So we spent a little time on that when she got on, he wouldn't go and you spend all the time on that. And then once he would go, then he wouldn't stop. And we spent some time on that. And after a little while it turns out he was pretty nice horse. And so the the husband asked if I'd ever, but he kept the horse by the way, he held onto the

horse. But he he asked if I'd ever thought about writing a book. And I told him, I hadn't, you know, I I'd written a couple of articles at the time. I had written some articles for Western horseman. And so I said, I hadn't really thought about writing a book. And, and he said, well, if you ever, if you ever do want to write one, let me know.

Mark Rashid ([00:07:44](#)):

I'll, I'll give you a hand. And I was thinking, you know, you got a typewriter or what, you know, so but anyway, a couple of weeks later, he called me up and he said, have you given any more thought to that book we talked about? And I said, I haven't given any more thought to it. And he, it turns out that he was 80. He ended up being my editor for the first, my first half dozen or so books. And he was the, the publisher that he worked for was just down in Boulder, which is 45 minutes away. And so he said, I'm going down tomorrow. And I can pitch, I can pitch the book if you want, you know, they're looking for horse titles. And so we kind of spent two hours on the phone and figured out kind of what if I wanted to write a book, what it would, I wanted it to read sorta like a James Harriet book and look like a wheel James book from back, you know, the old will James books.

Mark Rashid ([00:08:39](#)):

And he went down and he pitched it and they bought it. And, and that was that the very first review that we got was that they said I was a Colorado clone of James Harriet. And the book just took off and within gosh, just within a couple of weeks, the first printing sold out and they didn't think it was going to sell. And so they didn't advertise it. They just sent it out to some magazines and the marketing guy didn't think it was going to sell. So he wanted actually to cancel the contract on the book, but my, my editor said no, and just keep writing and I'll stall them. And that's what he did. And at back then, the way that they, the editors worked was, or the way that publishing work was that you had certain titles would go into production in certain parts of the year. And he stalled them long enough to where they couldn't find another author to get another title in my spot. So it just basically, you know, I, I got the book by default and and here we are. So there you go.

Warwick Schiller ([00:09:54](#)):

Have you, have you stayed with the same publishers the whole time?

Mark Rashid ([00:09:57](#)):

No. no. I was with Johnson books for quite a while and gosh, 10, 10 years, maybe, maybe 15. And then they got bought out and then I was with that publishing company and then they wouldn't pay me. And so I got all my titles back and then another publishing company out of New York bought them and they still have them. And then, and since then I've written books for two other companies,

Warwick Schiller ([00:10:30](#)):

You know, it's funny how, you know, I've had the same thing. You start out as a horse trainer. That's, that's just what you do. That's what you do. And then these other opportunities come up and it seems to be like, our lives are kind of dictated to, by our abilities to say yes to things.

Mark Rashid ([00:10:49](#)):

Yes, I would. I would absolutely agree with that. I would absolutely agree with that.

Warwick Schiller ([00:10:55](#)):

And, and, and it's, and I don't know where it came from. It may, because, you know, I grew up, you know, rural Australia you know, farming community and they're the whole, the whole point of life is you go to school, you get a job, you get married, you have kids, you die. That's that's about it. There's no, it's not. And it's, I don't know where I know where it came along somewhere along the line, but everybody I meet that is doing stuff that other people look up to, that people are excited about it. Like, I wish I could do what that guy did. That guy

Mark Rashid ([00:11:29](#)):

Said yes. More than he said, no, I think, yes. I really, you know, I've always been a firm believer that anything that you want in this world is out there and it just sort of floats around and all you have to do is just take a hold of it and go with it. And if you don't do it, somebody else will it's. Cause it's going to pass you by, you know, it it'll come along at, at a certain time, it stays for her, you know, however long a week or two, two hours or a year. And then it moves on. And that's all, I've always believed that. And if you don't take a hold of it, when it shows up, it's just somebody else is going to get it, which is fine, you know? But you know, if it's something that you want, you should take a hold of it when it shows up.

Warwick Schiller ([00:12:26](#)):

That's the second time I've heard that exact story from a writer. Well, the first one, I didn't hear it from a writer written a book. Have you ever read big magic?

Mark Rashid ([00:12:34](#)):

I have not.

Warwick Schiller ([00:12:35](#)):

So it's by The lady who wrote eat, pray, love.

Mark Rashid ([00:12:38](#)):

Oh yeah, my wife, I think, I think she read that book.

Warwick Schiller ([00:12:41](#)):

And, and, and in that book, you know, she was saying how she wrote a number of books before eat, pray, love, took off, you know, because she's a writer. She's not, she's not in it for the money. She's, she's an artist, she's a writer. And but anyway, after she wrote, eat, pray, love. She then got this idea to write a book about a family owned oil company in Canada, as a father and a son. And there's a lady that works in the office. She's the office manager. And anyway, the son decides he's going to go to South America to drill, to drill for oil in South America. And he goes down there and he disappears and the dad's got to run the company. So the lady in the office says, I'll go to South America and funding. This is, this is a book she's going to write it's in her head.

Warwick Schiller ([00:13:23](#)):

It came to her like, I'm going to write this one of these days. And it modeled around there for a while. And she went to a, I wasn't sure if was a writing conference or something like that. And she met another author that she was a fan over that she'd never met before. And this lady of course, was a fan of hers. And they'd never met before. When they first met, like, Hey, they knew who each other was, gave

themselves a big hug has going. And they, they, you know, became fast friends for that two days at this conference or whatever it was, then they don't see each other for two years, but they rut back and forth. They don't email, they don't phone call. They write old fashioned letters. And the next time they meet up two years later she's kind of lost this book, you know, probably loved lady.

Warwick Schiller ([00:14:05](#)):

It's not there. It's just not coming. She's it's, it's going away. I don't know why anyway. So she says to these other ladies that it gone and the other lady says, yeah, I've got this book I'm almost finished. And she goes, well, what's it about? She goes, well, it's about a family owned oil company in Canada and there's a father and a son. And she tells basically the exact same story. Elizabeth, Elizabeth Gilbert, I think he's, he probably loved lady. She says really. And how long have you had the idea for this book? And she goes, well, can't you be around the time that we met? And the whole, that whole thing about that book, she says, you know, exactly. I mean, I've never heard anybody say it exactly the same way. You said it, except her where these ideas float around in the, you know, in the collective consciousness sort of thing. And when they come to you, if you don't use them, they flap their wings and fly away and land somewhere else.

Mark Rashid ([00:15:01](#)):

Yeah. I've, I've always been a firm believer in that. And and it's just, you know, for me, there's certain things that I've always wanted to do in my life and, and opportunities have always shown up or I've taken the initiative to go to go do it. And and so as a, as a result, I have, you know, a few irons in the fire.

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

And I think, you know, with wa I think your attitude about everything in life is, is, is what gets you there? You know, you, you are the open to things. You're not open to things. And I, and I really find that lot with helping people with their horses, their, their outlook on what's happening is more important than what's happening. [inaudible] Their response to what has happening is probably you know, whether they view what's happening is good or bad is what makes it go to bed. What did Shakespeare say? Nothing is good or bad only thinking makes it so or something like that. Yeah.

Mark Rashid ([00:16:07](#)):

Yeah. Well, you know, the thing with the thing with horses is that for them, nothing is good or bad, you know, it, their, their, their behavior or, or whatever it is that they're doing has no value to them. It only has a value when we put a value on it. So, you know, behaviors this behavior, until we say it's bad or good, and the horse to the horse, it doesn't matter to them. It's just behavior. They're just, you know, they can't distinguish between the way they feel and the way they act. So they're just going to act the way they feel. And so for, you know, for me, it's trying to find a way to leave that judgment out of it. And the same thing with people, you know, they, they're, they're just struggling, you know, most of them that, that are having trouble, you know, and if, if we can leave the judgment out of it, we can usually get to the bottom of things a little quicker, you know?

Warwick Schiller ([00:17:08](#)):

Yeah. That, that whole judgment thing. One of my earlier podcasts, I talked about how we talked right at the very beginning of this, we said we hadn't seen each other for a while and I'm thinking it could be four or five years. Yeah. I think, and we'll in that four or five years. So about five years ago, my wife bought a, a new reining horse that had a couple of little behavioral issues, not in the raining part. That

was fantastic, but a couple of behavioral issues that I thought, yeah, I can fix that. I can really fix anything. And I couldn't. And he really made me take a step back from the way I was looking at things and start to look at things a bit differently. And that kind of me down a, a whole, I don't know, personal development rabbit hole too.

Warwick Schiller ([00:17:54](#)):

And, and so, but one of the things I've found in that personal development rabbit hole was when you can get rid of judgment about things change, you change that perception. And it was actually a technique I learned at a group therapy, I was going to, they, they said this week for homework, we want you to count your judgmental thoughts. And they said you know, they put some pebbles in your pocket and every time you have a judgmental thought, move them to the other pocket or get one of those little clickers, like you know, like a bouncer or the dominant try and conduct it and just count your judgmental thoughts. And, and I thought, well, that'll be easy. I'll, I'll have about three during the day. So I'll get three rocks, stick them in this pocket. And by the end of the day, they would have made their way to the other side.

Warwick Schiller ([00:18:36](#)):

I had 21 before breakfast the first day. Wow. And, and I've talked about this quite a bit on the podcast, but when you start to be aware of your judgmental thoughts, you become aware of how many you have, but then you become aware of how many you have about yourself. And most of us are our own worst enemies in that, you know, you all that negative self-talk and stuff like that. And when you, so, and all that comes back to, to judgment, you know, like you can catch yourself, judging yourself. You can, you can reframe that. I, I talk a lot about Bernay Brown and Renee Brown is you know, she talks about the difference between guilt and shame. You know, shame is, I am stupid, guilty is I did something stupid, which means I can do a differently next time. So when you really count those judgmental thoughts or become aware of them, and you notice that you're your own worst enemy, and you say things about yourself, you can go hang on. No, no, I'm not stupid. I just, I just did some, I just made a bad decision right then, but it's all, it was, it was a bad decision. I am not bad. I'm not stupid. And for me personally,

Mark Rashid ([00:19:43](#)):

That's a game changer. Yeah. Mike makes the world completely different. Yes. Yeah. I would I would agree with that, you know, and it's on for, you know, when I started, I started into martial arts as a way to help my horsemanship and the art that I chose, which was Ika. And since then, I've trained in several other arts, but but I, Ito is my primary art. And the thing about Ito is that there are two things, well, there's a number of things, but the two main things are that the only way that you can get really good at it is a, if you are soft, so the techniques are, are extremely effective and you can use muscle, but it doesn't work as well as you're soft. And you use the technique. That's the first one. But the other part of it is the ego part that you've gotta be able to leave your ego behind when and understand that if somebody does attack you, it has nothing to do with you.

Mark Rashid ([00:21:02](#)):

It has to do with that person could be a lifetime of things that are just happened to show up when you, when you do at the same time. And it's, and so it's that judgment thing again, you know, it's funny how it kind of comes around in different ways, but it's that same thing in, in a, you know, somebody attacks you defending yourself, Ito is, is the idea behind Ito is to be able to defend yourself or somebody

else and bring the solution to the most peaceful solution possible while keeping the attackers safe, making sure that they don't get hurt. Sometimes that's not possible, but, but but that's the overall goal. And so, because that's the goal, then we have to come into it with a certain mindset. And and again, the leaving the ego behind is, is a big part of that, you know, or at least trying to, you know, so and that's a daily practice and leaving the judgment behind as a daily practice, not something you can turn on and turn off.

Mark Rashid ([00:22:24](#)):

It's like, it's like being good with horses. You can't just like being soft with a horse. You can't just turn it on and turn it off. You have to pray. In my opinion, you have to practice it, you know, all day, every day, you have to find ways to practice your softness in everything that you do all the time. And if you can do that, then we're going to have, at least from my experience, we're going to have a lot better success with, with working with horses or people or dogs or, or, you know, just going through life in general.

Warwick Schiller ([00:23:01](#)):

Yeah. I had been going to ask you what initially led you to the martial arts. And so you've answered that, answered that question there. How long have you been doing IQ?

Mark Rashid ([00:23:12](#)):

I think it's around 30 years now. Yeah. So I started, you know, I wasn't interested in moving up the ranks or anything like that. I was primarily interested just in the philosophy of the art and and getting better, getting, just getting better, get better as a person, you know, better as a horseman, you know, better, a better parent a better friend a better, you know, I just wanted to be better and what I was doing, I felt like I just was kind of stuck and I wasn't moving forward. And over time, you know, you hit plateaus and you don't, you know, it's nothing to worry about. You just hit them. But I felt like I was, I'd been there for awhile a long while. And so I had been studying, studying the art, not actually training in the art for quite a while and, and the, all of the pieces and parts to it.

Mark Rashid ([00:24:19](#)):

And then it turns out that there was a really good instructor here in town, in our little town here. And so that's where I started and I trained with him. I still train with him to this day. And so, and I've also had the opportunity to train with some of the top masters in the world. One of them is down in Boulder, just down, you know, 45 minutes away. And and it's, and working with him has been an education on all of the above, everything that I just talked about because he's, I've never met anybody quite like him, quite honestly. And just as a person that certainly as a martial artist, he's just an amazing, amazing person. And where did he learn it? Oh, that's a really good question. He, so the founder of the art Mariah, you Sheba, who is referred to as Oh sensei he kind of the, the way the lineage works is that there's the master and then there's, what's called a new, she dashi a new, she does, she takes care of the masters needs and teaches his classes.

Mark Rashid ([00:25:39](#)):

So it's a senior student more or less. And so, so Tomi sensei is, was, Oh, sensei's one of us. Sensei's Uchi dashikis. And Keda sensei, who is my teacher was one of, so Tomi sensei's wishy dashes. So that's where he learned it. So he was very, very close to the originator of the art and way was this Japan, he was in Japan kind of getting at yet. So

Warwick Schiller ([00:26:18](#)):

Brings probably this. Would you say that I can

Mark Rashid ([00:26:22](#)):

Brings a lot,

Warwick Schiller ([00:26:27](#)):

Say like a Buddhist type philosophy with it?

Mark Rashid ([00:26:33](#)):

I think it's, that's a real, you know, it's funny because people, I have had more people ask if I'm Buddhist over Then I can even at least once or twice a month, somebody will ask me that question. And I don't see myself that way, but and the art doesn't really preach that so much. It's about harmony. So I, Quito is actually three words than the words translated basically means the way of harmony. And so it's about being in harmony with the universe really? Yup. Yeah. As far as the big picture goes.

Warwick Schiller ([00:27:19](#)):

Yeah, I didn't, I wasn't asking if they they, you know, promote Buddhist philosophy, but it seems a little bit, I know about it and the stuff I know about Buddhist philosophy, they, they line up, I mean, think about this. If, if, if you were to translate Tom Dorrance, his words into maybe written differently, someone could think that person was a Buddhist, you know, the whole harmony thing, the whole, you know, going with it, you know, I just, it's, it's, it's just I'm not, I'm not refunded this Buddhism, like a religion. I'm thinking about it as like just a philosophy of what, just a way of harmony, a way of connection with the universe connection, with everything harmony with everything that, that kind of outlook.

Mark Rashid ([00:28:06](#)):

Yeah. Yeah. I, I, I would agree with that. Yeah. And, you know, there's the guy that I learned very when I was very, very young that, that was how he looked at the world, you know, that we should all be working. It should all come together, you know, and it seemed like he could just get along with a horse and never have to raise his hand and never have to raise his voice. And, and he just always got along with him and, you know, he got along with people, he hardly talked at all, you know, I mean, it was usually just me and him at the place. And so I figured if he was talking, he was probably talking to me, but he hardly ever used my name. And and I've never used his name, you know, we would, it was just kind of how it worked.

Mark Rashid ([00:28:53](#)):

And so but there's, there's so many, I, you know, the way that I, I, I look at it is that there's, it's the natural way of being, it's a natural way of going. And so why, wouldn't, why wouldn't there be a lot of roads going to that place, you know, whether it's like you say, Tom, Tom, and his teachings, or I Quito, or ballroom dancing, or, you know, whatever, it's that, you know, where we're designed, I think to, to want to be that way we're designed to want to work together with our environment and with you know, other beings and other people. And that's kinda how we're, we're, that's how we're supposed to be. So it doesn't surprise me too much that that it wouldn't come, you know, that things like that, it wouldn't either branch out or come together in that way.

Warwick Schiller ([00:30:08](#)):

Well, yeah, I was, I was talking to someone just today. Actually, who's been all around the world to different some of them on together tribes, some are heard of tribes, but, you know, indigenous peoples. And he was saying how the philosophy is all the same and they've never met each other than communicating with each other summer in the rainforest in Australia. Some are in Mongolia, some are in the Kalahari desert in Africa you know, some native Americans in the U S and so, yeah, it's just, we just had that conversation this morning about how they, you know, thousand years ago, they'd never talked to each other, but they all had this, this harmonious way of being

Mark Rashid ([00:30:55](#)):

Well, if you're going to be out there in the middle of nowhere, I mean, working against nature or working against your people or working against your neighbors is not a good way to go. Yeah. I mean, it's, it's like, you know, animals, you know, fight it's fighting is not a productive way of being in, in the animal world, you know, within a species, you know, so it, it's not it's just not productive. And so the harmonious part of it is the, is the part that keeps us alive. Really? I think

Warwick Schiller ([00:31:39](#)):

So. So you started with the Ikea to, to help with your horsemanship. Have you, have you found it having an ebb and flow backwards and forth, meaning you take that stuff you learn in Ikea and helps you with the horses, but as you do things differently with horses, has that ever helped you back with the Ikea? Like, does it, does it flow back the other way?

Mark Rashid ([00:32:02](#)):

Oh yeah. I mean, it's a life thing. It's, that's the, you know, that's it, it's not either, or it's one thing, that's what we have to, you know, for me, that's the thing that, for me is the big eye-opener, or was the big eye-opener for me, you know, early on it's one thing it's, you can't separate them. So there's going to be that natural ebb and flow for sure, because it's all one thing. So, you know, the, the work and the dojo absolutely helps my work with horses and vice versa. And so, you know, the, the, as, especially with, with working with Acadia sensei and the internal softness part, which is something that I have been searching for pretty much all my life. And one of the reasons I got into Akido to begin with, but the internal softness part, that was something that I Qaeda sensei was able to I was able to glean information from him in the work that you know, whether it was training with him or, or training in one of his classes or whatever.

Mark Rashid ([00:33:24](#)):

But the, that was what clicked for me that it's the internal part of softness. That's gonna get you the results on the outside. And so with a horse it's, if I'm not coming with internal softness, it doesn't really matter what I do with my hands or my arms or whatever tool I'm using. If, if the inside of me isn't soft, I'm only gonna get so much the inside of the horse won't come through as softly as we want, because I'm not giving the best of myself. So it's that part of it. That for me is the, you know, it's, it's, it's very it's difficult to at, especially at the beginning, it was very difficult to get a handle on. And then as you start it just little, you get little glimpses of it and you start to, and then all of a sudden it's like, Oh, I know I get it now.

Mark Rashid ([00:34:25](#)):

You know, I'm not good at it, but I get it. And now that I get it, I can work on it. Hopefully I can get better at it. And so, you know, when it comes to this kind of work, working, working with horses, I haven't spent a lot of time studying other horse men and women. I haven't spent a lot of time doing that because I wasn't seeing and feeling what I was looking for. I felt like it was a lot of, it was just sort of reinventing the wheel kind of thing and, and the same things over and over and over. And that is, and again, that's not disparaging to anybody. It's just that's was my that's the way I felt about it. And once I started, I started looking for what I would, you know, I wanted something really specific. And when I started looking out away from the horse world, that's when I started to things, started to fall in place for me. And still is those things are still falling in place for me, you know, I'm not by any means a master at any of it. So, but I know where I'm going, which is really important.

Warwick Schiller ([00:35:38](#)):

Yeah. I used to read all sorts of horse training articles, books, watch videos and stuff. In the last five years, it saw the bean are the personal development stuff. Or I really read a lot of books about shamanism, like you know, traditional healers, indigenous healers even heard of Rupert Sheldrake. Yes. You know, that he wrote the sense of sense of being stared at, and he's speaking that morphic resonance and that whole cosmic information source and all that sort of stuff has really helped me with the horses. And, and I've, you know, I've come to what you've been chasing all your life. I've come to it very, very late in life, you know, up to about five years ago, I was always learning. I was always trying to learn more

Mark Rashid ([00:36:31](#)):

Probably training techniques. That's what it was. Yeah.

Warwick Schiller ([00:36:34](#)):

Training techniques. It was more about the techniques, the cues. And I tell you what I saw when I met you in a equine affair, whatever, four or five years ago, I came and watched your demo in the Colosseum. Like, I'm, I want to see what this guy's doing. And I left there. I don't know. I don't have a clue what that guy's doing. And now it's like, Oh God, yes, I've experienced all that stuff. I've stumbled upon it. And I've only just begun, but it's like the curtains have been pulled apart. And I can now see through this window, that's now clear. I was like, Oh, it's yeah. It's, it's, it's

Mark Rashid ([00:37:12](#)):

Pretty, you can't and you can't go back.

Warwick Schiller ([00:37:15](#)):

Oh yeah. There's no, you can't unsee it. And especially for me seeing the difference in the horses,

Mark Rashid ([00:37:22](#)):

Like I, I was, I was quite

Warwick Schiller ([00:37:24](#)):

Well educated at training horses, which was a bit of a one-way street, as in I'm giving them information. And now it's more, it's more of this back and forth thing, and it's a lot more, it's a lot more listening than it is talking. And the difference in the horses, like th th the insides of the horses come out and you talk

them into a bit about what was internal softness. Is that, what if someone was an, I think I grasp what you're talking about, but if someone was listening to this five minutes ago, like, what the hell is he talking about? You think you could

Mark Rashid ([00:38:06](#)):

Expound

Warwick Schiller ([00:38:06](#)):

A little bit more on how you could describe that to someone.

Mark Rashid ([00:38:16](#)):

Yes. there is a term in Japanese and the term is Mizuno Kokoro. And what that means is a mind like Stillwater. So the idea being that and in terms of martial and especially in IQ, we're trying, we're striving for, and Milka coral to have a mind like Stillwater. Okay. So the busier, the busier, so still water. So let's start there. If you look at a pond in the morning, you know, where there's no wind or anything, and you look in the water and you can see a perfect reflection of everything, that's on the other side of the pond, right? So mirror image, and that's the idea in that when you have, when your mind is still in quiet, then you can see things, it's a mirror image, whatever you're looking at, it's a mirror image. You can see it for what it really is.

Mark Rashid ([00:39:19](#)):

Okay. If when you start throwing pebbles in the pond, the image starts getting distorted, and now you can't see it for what it is anymore. And so the internal softness part is working on developing that mind, that quiet mind, so that you can, so again, we we, we began by talking about judgment and judgment is the P is the pedals, are the pebbles, egos? The pebbles? I mean, ego is a good thing. Don't get me wrong. We have, I think it's an important aspect, especially for humans, but and everybody has an ego, but, but when, when should we use it, when do, when do we need it? And do we need it all the time? You know, some people do, I guess. And, and, and, but the idea is to develop that quiet mind. And when you do that, then that's the beginning of it. But there's also exercises. There's specific exercises that you can do where you can quiet the inside of your body. We actually teach those in our I bought a classes I bought. It was basically I keto for horsemen and which we do in the dojo. And so we, we do a lot of internal, a lot of internal stuff when we do those things. And at some point, yeah, if you're ever around and you want to come do one of those, you're more than welcome.

Mark Rashid ([00:40:52](#)):

But the idea, the idea basically is, you know, to be able to feel yourself, what's going on in, in you before you take it, and then being able to to carry that with you into a situation that may not be as comfortable as we want it to be. How can you stay soft internally? When you know, somebody is coming at you with a knife or somebody or a horses jumping around on the other end of the lead rope, or, you know, or whatever, it's carrying that internal softness into everything you do so that you can, this horse has just, again, back to what we were saying before, it's just behavior. It has no value. That's, that's seeing it, the horse's behavior with Mizuno Kokoro with a mind like Stillwater, same thing with people. You know, if we, if we try to look at things without the judgment, if we just try, we make the effort, eventually we start getting better at it.

Mark Rashid ([00:42:00](#)):

You know, we don't practice that. You know, we get good at the things we, we practice and we only practice the things we're good at. So, you know, we don't, we don't like practicing things we're not good at because we're not good at them. And so, you know, but if you start, if we just start a little bit at a time and before long, you know, we start getting better at, at leaving the judgment behind and, and eventually it becomes a way of life. And, and then we start seeing things clearer. And then we can, we're able to handle things a little bit differently, whether it's with our horses or with the people that we are dealing with or our dogs or, or whatever, you know? So it, so it's that, that part of the internal, it starts with that. Seeing, working on seeing things for how they are without making up a story around it, it just is what it is, you know, and that's, it starts there.

Mark Rashid ([00:42:58](#)):

And then there's actually the physical things that you can do to soften the inside of your body. That you know, we don't have time to go into here probably, but but there are physical things you can do can actually soften and feel the softness inside yourself. Can you give me like, just the tiniest glimpse of that, the, the way know the physical things, you know, you know, if you think about, if you think about it more times than not. And most people, not all people, but most people what will happen when I I'm going to use getting on a horse, just getting on a horse.

Mark Rashid ([00:43:46](#)):

Most people, when they get on a horse, when they first throw a leg over, are going to feel some, if they pay attention, they will feel some sort of act, maybe at a really low level, but they're gonna, if they pay attention, they'll feel it. If they don't pay attention, they won't. And it that's the beginning of a breakdown of the internal softness. And because because we're probably judging something's going on in there, you know, my, my horse could do a, B or C. I could get unseated. I could, Oh, but that's not going to happen. I've been on this horse a hundred times. Okay. So, you know, we go from throwing a leg over, having that little bit of angst. If we pay attention, right. You got to pay attention to see if it's there and then moving. Eventually you move past that into, okay, now I feel better.

Mark Rashid ([00:44:44](#)):

It's that? Okay. Now I feel better. How do we get that before we throw the Lego over is that's one way of looking at it that there's, there's more, but when you feel the aches, if that, if you do, where is that in your body? So where where's that? Where do you, where do you feel it, you know, does it feel like a knot? Does it feel like, you know, a low level electrical, pum, you know, people to describe it in different ways, but or fear something, some people would describe it as just outright here, but where is it? Where does it sh most people feel it sort of in their solar plexus more, more or less is where they feel it. And and then that, what that does is it causes them to feel top-heavy. So when they get on their horse, they automatically start feeling top, top heavy, because, you know, they're actually bringing their center up into their chest or even up into their head. Some people it's even above their head, so their center goes above them. So, anyway, those are just a couple of little things, a little that you can kind of pay attention to and, and feel that can, and if you get a handle on it, you can turn it around.

Warwick Schiller ([00:46:12](#)):

I think the other reason I asked that question, cause I was, I was wondering if I've wondering if I'd experienced anything like that, or if I knew anything about it and in my journey the last five years I have come to realize, well, the horse that my wife bought, the reason I couldn't change much about him is because he was very, very shut down, very just in his own head and obedient as all get it. Okay.

Obedient, but just in his head. And what it basically led me to find out was that I'd been the same way all my life I'd been shut down in my life. And it was so normal for me. I didn't know. There was another way to be, which means I really had no internal sensations.

Mark Rashid ([00:46:57](#)):

Yeah. He needed, he needed to show up, didn't he?

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

Oh yeah. Hell yes. I got him for the re a reason. Yeah. Yeah. And so in my deep dive into all that sort of stuff, I've got some of this working and some, like I kind of got into meditating and some of the meditations that I do that, that focus on like, Shakur's like energy centers in your body and I'll do some of these meditations and I will be buzzing Ola, which is stuff I'd never felt before. And it almost got to where I can sit and getting a position to meditate. Maybe before I close my eyes, my feet will start tingling my legs. That's like the hair in the back of my neck standing up, but it's all over your body. And you know, these, these things, I think you need to be able to, you need to have that to get to what you're talking about, but I've been sharing this for quite a while with, with people.

Warwick Schiller ([00:47:51](#)):

And it's amazing how many people who are the same, who are they're in their heads. They're not in their body. And you know, you've got a gun you know, I've seen like somatic experiencing therapist and things like that and done somatic experiencing stuff to where you, can you get it? You know, first I think you've got to get into your body. And I've only just started working on, Oh, probably the last year or two asking horses to move with energy. And I remember watching watching the YouTube videos of yours a number of years ago, total honesty here. So here's my sitting on this horse, it's outside and he's talking about a lot of people, you know, use your legs to get them to go, but I'm just going to take my, my, I forget what you said, maybe my cheer, whatever you said, and we're just going to project it forward and the horse goes forward and I'm thinking he kicked him with his leg on the other side, he must have done because it didn't do anything.

Warwick Schiller ([00:48:45](#)):

And I've really started to experience being able to ask with an internal energy. And I think that's their first language. I think that's, yes. I think if they first asked before anything else and I've found and I've found for me personally, I think it's the best thing for shutdown horses. And I think horses shut down because they are usually very sensitive and the asks are too big and off the bat and they go inside their head and like the, the shutdown horse that I talked about that my wife bought five years ago, we still have him. And now you walk out the back door, he's eased the practice heads up. He's looking at you, you walk up to him, he's gauged. You know, when you lead in, he's engaged, engage beside you. But I stopped. What I started doing with him was having that at the internal energy, be my first ask. And I mean, you've been doing this for so long that your beard is gray, but you know, I'm new to it, but it's, I'm just so excited about loving kid with a new toy because it's like this whole realm of possibility has kind of opened up before me, you know, I'm excited.

Mark Rashid ([00:50:00](#)):

Yeah. It's well, when we're talking with, with our riders, that's our goal is to get them. I, I mean, it's been really clear for me that if we bring ourselves internally to the, you know, so, so often what we're doing is we're asking the horse to do something, but we aren't doing it. You know, we're telling them to do it and

we're getting left behind if they go, but we can, if we can be engaged in, in the things that we're asking our horse to do before we ask them physically, it doesn't take very long for them to start moving. When you start thinking, when you start asking through the feel of it or the thought of it, which is basically turns into the feel of it when we start doing, when we start there, if we start there and if we can train ourselves to start there every time, regardless of whether the horse actually does it, if we have to back it up with a physical cue or whatever, until the connection is made until they start, because a lot of horses are taught not to pay attention to that.

Mark Rashid ([00:51:11](#)):

Anyway, I feel like that's where they live. You know, that that's I agree. I couldn't agree more that that's, that's where they, that's the, that's the level they communicate at. I mean, all you have to do is watch horses in a herd to know that they don't have to yell at each other to get a response. They can, they can do it without even looking at each other and get a response. So if we can train ourselves to be able to ask internally first, and then if we need the backup cue, the ex the external cue until, until the internal part is just there. And so, you know, the, the video that you saw was with our horse Rocky, and, you know, I wrote him every day for years and years and years. And, and that's with every horse that I get on, I start with the internal part and then if I need to, and so I've got a horse now that I've had for about a year and now pretty much all of what we do is working. It's all internal now transitions. Our internal stops are internal as long as you, but you can't do it, you can't ask internally five times. And on the sixth time, you don't has to be every time, you know, it's that consistency part of the more consistent we can be, the more consistent the horse's skin can be.

Warwick Schiller ([00:52:47](#)):

I just recently started a five-year old in delusion mayor. And I haven't started a horse for five years because I haven't been training horses for the public right. For that long. So, but I've been doing lots of clinics all around the world, and I've been basically experimenting with this stuff, 12 horses at a time, two days for two days. And then I, the next weekend, I've got another 12 horses for two days. So I've really been experimenting with this stuff for the last couple of years, but I've never, I have not started a horse with this in mind. So this illusion mirror started recently. Like I videoed the whole thing, but I'd go, okay. So I'm just going to bring my energy. Now I'm going to use my seat. Oh, look, good. She went, Oh, that's good. And I do that a few times now I'm going to bring my energy up.

Warwick Schiller ([00:53:32](#)):

Oh my God. She moved. And I look at the camera, like she moved. That was a fluke. And then the next time she did, and then I'd be walking in, like, I think I'm going to go up into a trot. And I kind of just think about it and off she go. And it's like, I was like a kid in a candy store, but yeah. But I think, okay, great way to communicate with horses, give yourselves a clap. I think that's great. But I think even more important than that, at least for me is it's mental health support because I've spent all my life in my head, not in my body. And so for this to work, the first thing I have to do is getting my body. And you can't be in both places at the same time. So it keeps me out of my head. And I, and I

Mark Rashid ([00:54:24](#)):

It's the field that everybody talks about, which you're talking about is feel right. You are, you're creating, you're creating the thing in your body that you, that you want. If you were on the ground by yourself, you would be, you wouldn't have to think about how you were going to move forward. Right? You would just do it. And, and there's no reason why you, and the same thing with a horse, they don't have

to think about moving forward. They just go forward. Our job is to find that connection point between us and them. And so the way that I, I look at this is that for, for the VR, for a long, the longest time, I've, I really tried to find ways to get people, to connect to their horse. And after I started working with Acadia, since I realized that I was, I was doing it backwards, it's not about me connecting to the horse.

Mark Rashid ([00:55:26](#)):

It's about the horse connecting to me, but I have to find a way to allow them to do that. And so, so we are, there's two couple of things that we're really good at. We're really good at creating openings humans, good at creating openings. And we're good at directing and courses are good at finding openings. And they're good at connecting if I can create an opening. So for instance, where you, you start feeling, feeling like you're going to go forward, feeling like you're going to trot, right. You know, what a trot feels like if I put that feel in my body, not movement, not through movement in my body internally, if I put the feel of a trot in my body, that's the opening, the horse can then come through the opening and then connect. And once they're connected, now, all we have to do is direct. So we work to our strengths on both ends.

Mark Rashid ([00:56:25](#)):

I've always felt like, you know, that, that if it's like, you know, there's a tube that runs between myself and the horse. And when I, when I was trying to connect to the horse, it was like water shooting down into this tube. And in the meantime, the horse is trying to connect to, so this water would, you know, this energy would hit in the middle and there would be this constant struggle back and forth. I'm trying to push my connection down and they're trying to push their connection up and, and it's hit and miss kind of thing. But if we just create the opening, then there, they can run right up through the tube and make the connection. And now we're off and running. So I interrupted you before and I apologize for that, but but I, I felt like I wanted to get that out before it,

Warwick Schiller ([00:57:16](#)):

That's, that's one reason I do this, these things on this platform, so we can kind of see each other. And like, if someone's leaning forward, got the legit is, you know, they're gonna, you know, kind of let them in the door instead of, if, if we can't see each other, you can end up talking over each other a little bit. Yeah. So, but for me for me personally it's, it's, for me, it's been a bit of a mental health journey because, and, and me sharing that I've had so many people are in the same boat. So, you know, so many people are not in connection with themselves. And then they wonder why they can't connect with the horse. You know my wife has a friend here in the area who she's a therapist, but she does equine assisted therapy. She has a thing called the circle, Epic, the circle up experience.

Warwick Schiller ([00:58:08](#)):

And she has a thing, the F the four, the four parts of a relationship or something. And she says, what's going on? Number one is what's going on with you? Number two is what's going on with them? Number three, what's going on between the two of you and number four is what's going on in the environment. And she's, and I've seen it since I've heard about this. I, I see it all the time. People when they're having trouble with their horses are very aware of number two and number four, what my horse is doing, and what's going on in the environment, but no idea about what's going on within me, or what's going on between me and my horse. So it's, it's really the, kind of the human factor.

Mark Rashid ([00:58:51](#)):

It always boils down to that.

Warwick Schiller ([00:58:54](#)):

Yeah. And that's, and I think that's where, you know, your, the, the Ikea stuff, you know, it's, it's, you know, the thing about, think about horses, if you want, if you want to, they will do whatever you want, no matter how bad you are about things. So it's not like a skateboard, a skateboard. If it doesn't work for me, it's me. If your horse doesn't work for you, it's the bloody horse, you know, so it's very easy to blame the horse, but you can't blame the skateboard or the motorbike or the, the whatever, because it's a, you know, it's not a sentience being sort of thing. And so, but I think you've got to get yourself to the point where you can take that feedback and not, not blown the horse, you know? So that's I think I'm kind of lucky because in the last five years, you know, I was probably some now 53, you know, so it was probably 48 and hadn't really evolved much since 17 or whatever, you know, in, in certain ways I, I looked at certain things.

Warwick Schiller ([00:59:58](#)):

And so for me, like someone like you has been working on this forever, you probably don't remember the little increments you where you are. And it was way, way, way, way, way, but there's been so many iterations. I kind of went from one place to a completely different place quite quickly. And I still remember when I was there and when I was there, I was right. Hmm. You know what I mean? Yeah. I mean, I'm, you know, I'm, I'm training horses for other people. I'm doing clinics. People send me horses that have problems. I send them home. They don't have the problem. They come to the clinic, I fix them, you know, all this feedback saying, you're doing it right. You're doing it right. You're doing it. Right. And now I, I don't think I was doing it right at all. Even though it worked on a level and it worked quite well in level, I'm at the point now where I can still see that, not very long. So it kind of me, it takes away the judgment of people, anybody who's not at the same place on it. I'm not there I'm at the right or the wrong place, but anybody who's not where I'm at, who is somewhere different. Put it that way. I've good. No judgment because it wasn't that long ago I was somewhere different. I'm in. It. I was right.

Mark Rashid ([01:01:09](#)):

Hmm. Yeah. Yeah. That's the, you know, years ago I was doing a clinic in Texas and this the scale came in and, and I asked her how much experience she had. And she said, 20 years. And I said, okay. And we went to work and we did, our thing was a four day clinic. And at the end of the four day clinics, she came up to me and she said, do you remember when you asked me how much experience I had? And I said, 20 years. And I said, yes, I remember that. And she said, well, that I've realized that's not quite accurate. What I have is one year of experience 20 times. And I think that I think that that's where a lot of folks are. All right. You know, it kind of sounds like that may have been where you were at, where you, you had the same experience over and over and over and over and over the thing that I, that I really respect about you or is that, is that at some point, and I believe this with everybody, I really do.

Mark Rashid ([01:02:17](#)):

It doesn't feel right. It doesn't feel right. And you have to acknowledge it. And most people want, I shouldn't say most, but a lot of people don't and you did it didn't feel right. That's, that's what, that's what changed in you, I think. And, and I mean, I'm not trying to speak for you, but, but when it doesn't feel right, and it doesn't feel right for a long time, at some point something's got to give and, and, you know, kudos to you for, for acknowledging that, and then going and searching, you know, that's, that's

not an easy thing to do, especially for somebody as a, you know, as in your position. Yeah. I don't, I don't know.

Warwick Schiller ([01:03:16](#)):

I dunno if I had the doesn't feel right. Thing, because I don't think I had enough

Mark Rashid ([01:03:20](#)):

Awareness to realize it didn't feel right. Yeah. I'm trying to think ahead to have that horse come along. Yeah, yeah, yeah. That's, that's, I couldn't agree more.

Warwick Schiller ([01:03:40](#)):

I wasn't getting, I wasn't, you know, I wasn't getting it. And the thing is you know, we talked at the start about that saying, yes.

Mark Rashid ([01:03:50](#)):

Well, when I kind of went,

Warwick Schiller ([01:03:52](#)):

I, I can't change. I mean, I changed quite a bit of stuff about him that I can't get to the root of this doing what I'm doing. I kind of said yes to, okay. Taking a step back, you know, I could have said, no, I'm just going to keep doing what I'm doing. And then,

Mark Rashid ([01:04:09](#)):

Yeah, he's kind of, he's going to change.

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

Yeah. He's got to change. But for me, I was like, yeah, this, this is not working. And I know what I didn't do was start experimenting with him. I stepped completely back and I'm like, he's who he is.

Mark Rashid ([01:04:23](#)):

I'm not going to try to influence them.

Warwick Schiller ([01:04:26](#)):

And then you wait. Cause at the, at this point in time, I don't know how to influence it, but he's the one that gone and got me. And then I was lucky enough, I'm doing a lot of clinics. So now I start experimenting with horses or clinics that I know nothing about. And that's really when the magic started happening was I was starting to

Mark Rashid ([01:04:46](#)):

Yeah. Mess

Warwick Schiller ([01:04:46](#)):

With horses at clinics. And just, just with a different outlook on things, you know, more listening more. So this is way before the, the energy stuff, any of that stuff, it was just,

Mark Rashid ([01:04:58](#)):

Instead of trying to fix them, it was more about, it was more about, okay,

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

Communicating my level of awareness of them. Like, you know, like if like, yeah, can we, it's more about communicating to them that I see their level of concern and, and you know, this whole deep dive into, you know, personal development and the horses as being kind of the same thing. But, but lately I've been talking about the, like the parenting style that I grew up with, which was stop crying. I'll give you something to cry about. You know, so the kid is concerned about something and the parent says, I'm not, it doesn't, I don't want, I don't want to help you be, can not be concerned. I just want you to shut up. And I'm prepared to make unprepared, to do something worse to you to make you stop telling me I can you, it, and it makes me think a lot of horse training techniques that work really well to solve behavioral problems is that it, it just, it makes the, you can do things that make the behavior go away, but there's no what they call attunement.

Warwick Schiller ([01:06:04](#)):

There's that no sense of being seen and being heard there's that, that know, you know, that, that level of connection there. And since I started missing me that it's just, yeah, it's, it's going to change really everything for me, because a lot of the things I, I think I used to be very good at my first interactions, all my groundwork and stuff with horses was a certain way. And that speeding in that certain way, created a lot of problems that I was then very good at fixing. And I was very good at pedagogy on the back and say, boy, I'm going to pick some of these problems that every horse has name. I realized it was me projecting onto those horses in the beginning, all my. And then I get really good. All these horses have these problems, and then I get really good at fixing them. Now, when I approach horses with a completely different outlook, most of those problems aren't there. They realize those problems with me.

Mark Rashid ([01:07:04](#)):

Hmm. Yeah. Yeah. It's a lot of, well, you know, I, I was, I was saying before where, you know, with a lot of what I was seeing in the horse world was just same things over and over. As far as the work that was being done around pen work, you know, like you say, the, a good example is the idea of making the wrong thing difficult and the right thing, easy and the wrong thing. First of all, it's not right or wrong. It's just is what it is. But, but if you look at it from that perspective, the wrong things already difficult, you know, the right things difficult too. So we don't need to make it more difficult. We need to find a way to help this horse search for an answer that they can find, give them, give them a way to, to, to come to the answer, not force them, you know, if they're doing the thing that we don't want them to do, and now I'm going to make that even more difficult. All I'm doing is throwing on the fire

Mark Rashid ([01:08:17](#)):

And eventually they're going to give in because that's what horses do, you know? And then we're going to look really good. The problem is, is that, you know, every time that we come in the pen with a horse, their anxiety level is going to go back up, you know? And, and so we're starting, like you said, from, you know, you're starting behind the eight ball almost right off the bat because I'm creating problems and then I'm fixing them, but I'm not really, you know, I just, I'm just getting a different response, but I haven't fixed the problem. No, the problem, because the problem is me. So, and if I don't fix that, it's

going to keep coming back. And same thing, you know, with physical issues, with horses or whatever, you know, so you gotta fix those,

Warwick Schiller ([01:09:05](#)):

You know, for me, that whole make the wrong thing hard. Right. Thing easy. It, it, you know, so it's not like I spent the first 48 years of my life not changing because I'll tell you what that whole, that whole Mike, the wrong thing had. Right. Thing easy. Why of thinking initially the one I first started out with it, it was about making the wrong thing had yeah, by the end of it, it was all about making the right thing, easy. That's all it is Mike. We actually had a t-shirt we made a few years ago on the back of it and said, make the wrong thing, hiding the right thing, easy, but make was in big letters the wrong. And I said the wrong in tiny little letters. And then it say the thing in big letters, and it said, think hard and the right thing in small letters, easy.

Warwick Schiller ([01:09:57](#)):

So from a distance, these shirts that make things easy. And, you know, and I really came to look at it that way. It's not about, it's not about Mike in it, their own thing had their own things had enough already. It's just about, you know, set it up to where your ID, they already make the, you know, make the right thing easy. But so, you know, there was, there was that progression, like, you know, I was, I was always getting more and more subtle about how I went about things and, you know, so there wasn't, there was progression. It wasn't like I was doing the same thing for 30 years, but it was the same. It was, it was refined version of the same thing. It was just getting more and more refined that it was like, I speaking one language and I was learning more about that language.

Warwick Schiller ([01:10:48](#)):

I didn't learn French or Arabic or, you know, whatever. And yeah, the, the stuff that I'm on a bet now is yeah, it's completely different language, but yeah, that, that whole wrong thing had right thing easy. I think how you interpret that is just a reflection of how you view the world. If you have that adversarial outlook on life, or you have that, that community, that sense of community outlook in life, depending on which, which one of those you subscribed to is, is how you will use that. And I, you know, there was several things I used to do that were along those lines, but I always did it from the, the right thing, easy perspective. And it works really well, but I would have people who had done it, the same exercise with a different intention behind it, and it doesn't work. And I said, Oh, I tried that. And it doesn't work. And I really think your, the energy you bring to Any technique, you know, your intention behind the technique is I think it's more important than the actual technique itself.

Mark Rashid ([01:12:00](#)):

Well, it's interesting that you say that I had an IQ Dawn instructor who was getting ready to retire, and I was at his last class. And at one point about in the middle of the, about, in the middle of the class the night he stopped and he'd been training, I think for 40 years. And we'd been working on a certain technique that everybody knew and we're just kind of refining and he stopped. And he said, you know, I'm going to tell you a secret. I've never told anybody this before. You said, you know, I spent, I learned all the technique I really needed to know in the first 10 years of my high Quito career. And I've spent the last 30 years trying to figure out how not to use it. The idea being that once you get, once you get the technique down, then somehow it's time for us to get to a point where we can transcend the technique and be doing something at a different level, doing the same thing at a different level.

Mark Rashid ([01:13:22](#)):

And to me, that's, I don't know how many times during a clinic that I've told somebody, you don't need any more technique. You've got all the technique you need. Now we need to see if we can't bring some of you to the party. And when we start doing that, very, very seldom in clinics that we do anymore. Are we ever talking about technique? It's almost all, how can you bring yourself the inside of you to this thing that you're asking your horse to do? How can you do that? You may need some technique to help that along and we'll use it if we need it, because you got to have it. Technique is good. Not saying, you know, you, you

Mark Rashid ([01:14:12](#)):

Got to throw it out. Technique is good, you gotta have it, but how can you transcend? How can you work towards transcending? The thing that you've always done and get it and refine it to the point where you don't really need it anymore. And, you know, I mean, that's a lifelong deal. You know, that's not something that, that you're going to ever be able to say, I got it. You know, it's, it's, it's something, I mean, I've been working with horses now for 50 years and, and every time I do something, it's like, man, I, I didn't do that very skillfully. You know, I, I can get better at that. I can, I can do better with that. And and I try to do better, you know, just keep trying. So

Warwick Schiller ([01:15:08](#)):

I'm gonna switch gears here a minute. You mentioned the saying a mind like Stillwater before didn't you and Jim Masterson just make a movie called the

Mark Rashid ([01:15:23](#)):

It's a, it's a documentary. Yeah. and that was not my choice to call it that in fact I was, I was almost dead set against calling it that and I just, for a variety of reasons, but cause it's, I wanted something in the title softness to be in the title. And I just happened to say while I was working with one of the horses and riders, I just happened to say that I brought up the concept of Mizuno Kokoro and I explained it and in the film they had me bringing it up. But without the explanation, and because of that, I felt like it, it did a disservice to the concept. And I felt, you know, by naming the movie that, for the documentary, that, that it, that it did a disservice to the concept and then thereby the teachers and, and the lineage. And, but anyway, yes, the, the answer to that is yes, there is a a documentary out just came out December. And

Warwick Schiller ([01:16:47](#)):

Where is it available? Like where can people watch it? You know? I think you can get, you can get it from us,

Mark Rashid ([01:16:52](#)):

Us. We have some copies here and get it off of our website. And, but Amazon, I think, and you can stream it off of Amazon and you can stream it off of a movie, I think is I think that's where where's that. Okay. And what is your website? Smart. Russian.Com. Okay. That's pretty simple. There's a brand new website. My wife just, just finished it about a week ago. How cool she was. Yeah, she's amazing. I, I, over married. I can tell you,

Warwick Schiller ([01:17:26](#)):

So me too, my, my wife my wife does all that technical stuff. And my son, my son graduated a couple of years ago with a degree in business. And so he's my, he's my guy, he's my business dude, tech guy. And he he moved home for a year after he graduated college, which was good. Cause he was here all the time and now he's just moved to Hawaii. He's living his best life in Hawaii and he's not here. And like when I have a tech problem, I'm on FaceTime a lot, like what's going on with this thing.

Mark Rashid ([01:18:00](#)):

Yeah. Yeah. And his name's Tyler he's name is Tyler. Yeah. Yeah. I've got a son Tyler too. I really have, I'll tell you. He is 28, 28 or 28, probably 29 this year. He's a police officer. Oh really? Yeah. here in Colorado. Really? Yeah. That's gotta be a scary thing. It is not quite as scary as when he went over to C's, you know, he was in Iraq for a while. Yeah. Yeah. So,

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

Well, yeah, so my son, he his best friend in college is in, from I'm sorry, his best friend from high school. He's in the coast guard and he was in Hawaii. And so he said, well, he's, name's Robbie. And they play, they play music, you know, they're in a band together. And Tyler, you know, all his work was on the computer. He said, I'm going to move to Hawaii and live with Robbie and surf and

Mark Rashid ([01:18:54](#)):

Play music. So he's, yeah,

Warwick Schiller ([01:18:57](#)):

He's kind of doing that. Yes thing right now. You know, you know, he gets to work every day, but he also gets to surf on the North shore. He's he rock climbs there. They hike all the time. He goes swimming with sharks the other morning, they got up early in the morning and went swimming at sunrise to swim with the dolphins. And just an every day it's endless that kid is leaving, leading their dream life. But, but he made it happen too, you know, and that's right. We've got a big sign hanging inside of our front door and it says, luck is believing. You are lucky.

Mark Rashid ([01:19:30](#)):

Yeah. And yeah, yeah,

Warwick Schiller ([01:19:33](#)):

You really got to do all that sort of stuff. Okay. So we've covered your books. Well, we talked about the books. How many, do you know how many copies you've sold? Yeah.

Mark Rashid ([01:19:41](#)):

Books, mail millions. Yeah. There's they've been around for a while, you know, and, and I think some, I don't really pay a lot of attention to that. That's kind of they still sell, I guess. But I, I, I don't really pay a lot of attention to all of that stuff, but I do know that there's, it's been, it's in the millions at point. Yep. And a worldwide, I think they're, I think they've been translated into 12 different languages.

Warwick Schiller ([01:20:14](#)):

Well, is there, is there one that has outsold the rest of them? Like, is there one that like really resonated with people?

Mark Rashid ([01:20:23](#)):

Courses never lie. I think that one, I think I have that one right here. That one did. And the first one, considering the horse, those two and, and the the books where I started talking about my, my work in the martial arts, those, those seem to resonate with quite a few people.

Warwick Schiller ([01:20:45](#)):

You know, I've got some in, you know, the, the copy, but I've got quite a few of them on, on a audio book. Oh yeah. And that was one of them. You'll have to tell this story, but there was a story in one of them where you just, you got, you went to, you went to the dojo and you just got beat to hell. Yeah. and I liked, I like w why you got beat the hell, can you relate that story? Cause I think that's a great story.

Mark Rashid ([01:21:15](#)):

Well, it was it was during a seminar and the guy that I was training with at the time was actually one of my instructors. And at the time I think he was a second degree black belt and I was a Brown belt at the time. And so we were working on a hardwood floor. We didn't have mass out and we were doing a lot of falls and we were, we were supposed to make sure that our partner didn't hit the, it didn't hit the floor very hard, but that that didn't happen with me. And I got, got thrown pretty hard for a long time. And it was a three hour seminar and at 45 minutes I looked up at the clock, which I never do. I looked up at the clock and I thought, man, I'm not going to make it.

Mark Rashid ([01:22:11](#)):

I'm not going to survive this. And the, the instructor, there were two instructors there at the time that were teaching my partner that was also an instructor, was not teaching at the time. And they came over to him and, and both of them during the night came over and said, you know, we're not trying to hurt anybody. You know, let's, let's take it easy. Okay. Cob, bam down. I'd go again. You know, and you could hear it throughout the dojo. So bam, and over and over and over. And at the end of the night, would it turned out that we were being tested and I didn't, I had no idea that that that's what was happening. And so I was, I was, I got my first degree, black belt that night. I didn't, I didn't, I had no idea we were being tested and and he didn't, he didn't get promoted.

Mark Rashid ([01:23:07](#)):

I think he was being tested for his third degree. And he didn't, he didn't get promoted that night because you know, the ideas in ICO is obviously not to hurt partner. And so but the interesting thing about that night was I got home and I couldn't get my geeky off. I was so beat up and I had to leave the next week. I think it was the next day or the day after we were going out on the road. And so my wife had to help me get my geeky off. Cause I, I was having trouble getting my arms up and I had bruises. You could actually see the indentations from my geek on my skin, on my body. And I'd fallen so many times. And when we went out on the road, which was, it was really good that that happened because I don't know that I could have gone back in the dojo.

Mark Rashid ([01:24:03](#)):

Had I, you know, and when you get promoted, especially to your first degree, you're supposed to be the first one back on the map, the next, the next class. And luckily for me, I didn't have to do that. I would have had to really think hard. I mean, it was, it did a lot of damage to me emotionally. The beating that I took that night and but I had about a month and a half to where I could give it some thought and realize

that, you know, that wasn't about me. That was about, that was about my partner. And I just needed to do the best I could with what I could do. And, and I went back and, and continued training for another 20 years, you know? So and at, at this point now, you know, we've, we've developed an offshoot of the art, which is the eye bottle that I mentioned earlier which translated means depending on the conjure that you use it, it can either mean for the love of the horse or a way of being with horses. So, so I'm glad that I stuck with it, but yeah, that was not my best night on the mat.

Warwick Schiller ([01:25:24](#)):

Given the option to change the course of history, would you still have go through that?

Mark Rashid ([01:25:31](#)):

Yes. But it would have fallen better.

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

Yeah.

Mark Rashid ([01:25:40](#)):

I know how to fall better now than I did then. Yeah.

Warwick Schiller ([01:25:42](#)):

Good, good answer. Actually, speaking of speaking of that I've got some questions for you. So as you, you listeners to the podcast, know I send out 20 questions to my guests and I stole those from Tim Ferriss, his tribe of mentors book. And I have them choose four to six to seven of them that they want to weave into compensation. And I'm going to go through mocks now because that run right. They might have something to do with it. The first one that you suggested you'd like to talk about is what is your biggest file yet? And how has it helped you?

Mark Rashid ([01:26:19](#)):

That's well, first of all, I have to admit my wife picked these. I didn't, I didn't pick them. I gave them to her and she said, what do you think? And I asked her what, what she thought people would be interested in hearing about. So she picked these.

Warwick Schiller ([01:26:34](#)):

Did you, did you, did you read them?

Mark Rashid ([01:26:37](#)):

I did read them. Okay. Cause

Warwick Schiller ([01:26:39](#)):

I got a question about a question that's not on here in a minute, but carry on. Okay.

Mark Rashid ([01:26:43](#)):

Yeah. Biggest failure. That's a really good question because we have to, I look at it like, you know, we kind of have to define failure to me. Failure is when we stop, you know, something didn't work out and

then we stopped and then, and then we were, and then we're done. And that's not something that I've really ever done. A failure for me, I think comes from a couple of things. I think, I think it's three things. When things don't work, I would say that it's, it's when things don't work out the way we want them to. And I would say that the three things would be a lack of, we had a, it was a lack of skill a lack of understanding or lack of patience or a combination of all three that puts us in a position where we get into an endeavor, whatever that is.

Mark Rashid ([01:27:43](#)):

And it just doesn't work out the way we want. If we stop working on it, then we failed. I believe if you can keep working at it, then I'm not sure it's a failure. I mean, even if you don't come to the conclusion that you were looking for, I don't, I don't know that that's a failure. And so there's a lot of things I've done over the years, whether it's, whether it's in, you know, woodworking, whether it's working with horses or dealing with people or whatever, where I did not do it very skillfully, but I did it as skillfully as I could at the time. So in my answer about, you know, what I do the thing in the dojo again, I would, but I would have fallen better. Right. I know how to do that. Now I have, I have more skill at it now than I did then.

Mark Rashid ([01:28:42](#)):

So, so for me, when I w with some folks might refer to as failures and I've, and I've had, you know, and, and you, you do clinics as well. You know, that there are times where you get into a spot and it's like, boy, I'm going have to make this up. You know, I, I, I gotta make something up here because this isn't going well. And somebody may be looking at that going, well, you know, this is, this is a mess. Yeah, it is. And I know it too. And somehow we got to, you know, but you, you find a way through it and it may not have been pretty. And, and it, and it wasn't as good as I maybe could do it now, but it was it was the best I could do then. And so I feel like that's kind of the best answer I can give to that. You know, I don't, I don't, I don't look at things as failures very often.

Warwick Schiller ([01:29:42](#)):

Speaking of the clinics, like you said, you just get into a mess or something, or other, have you found that? Cause they say, in order to learn something really well, you should teach it. And have I, what I've found at clinics is I'll be explaining something that's going on in front of me. And because I'm explaining it out loud to a group of people, I will get a deeper insight. I probably wouldn't have got, if I'd had just been doing it, but explaining sometimes like a deepened meaning will appear itself. It'll come out my mouth and I'll kind of go, I didn't even know. I knew that I knew I didn't

Mark Rashid ([01:30:16](#)):

Comes out of nowhere. Yeah, absolutely. I completely agree. Know, you'll be saying something I don't, I, I have a book out that's called something you said, and it's all, it is just a bunch of quotes that students sent me to, to come by. I'll compile into this book and it's stuff I said, apparently, but I, you know, I'll read it and go, wow, that's pretty cool. Cool. You know, but I don't remember saying it

Warwick Schiller ([01:30:49](#)):

That's pretty profound. I wonder what yeah. What Zen master said, that one, you know?

Mark Rashid ([01:30:55](#)):

Yeah. So it's, it's like, it just comes out of nowhere, you know, I know exactly what you're talking about, you know, you're, you'll be talking and it's like, this is what I'm, I think I'm seeing and, and you get it right. You know, hopefully you get it right. Anyway. So yeah, I know exactly what you're talking about.

Warwick Schiller ([01:31:15](#)):

You're good. It's not just me. Okay. Next question. Most worthwhile thing you've ever put your time into or something that changed the course of your life.

Mark Rashid ([01:31:26](#)):

I would say family, I would start there you know, the time that I've spent with my kids and my family and, you know, helping them grow up and hopefully being able to do the right thing and, you know, I'm really proud of all my kids, you know, they're, like I said, ties, ties a police officer and, and our other son is a photographer out in LA and, and our daughter is raising four kids on her own and is an artist and photographer, you know, and they're all doing really well. And so you know, I kind of feel like that's, that's, you know, one of the best things I've ever done. Other than that, you know, I, I have to admit, I think it's, I think it's my, my work in the martial arts, you know, and that really had a big impact on me, huge impact and still, still does. And, and I use it every day and and I think it's helped me become a better person and, and in everything I do

Warwick Schiller ([01:32:43](#)):

So perfect. You mentioned woodwork. We need to go, I didn't mention that one at the start. When I said all these other things you can do. What, what, tell me about the woodwork.

Mark Rashid ([01:32:54](#)):

I build guitars.

Warwick Schiller ([01:32:57](#)):

I've been watching your guitar building on Facebook. Yeah. Tell me about that. That looks pretty cool.

Mark Rashid ([01:33:02](#)):

I started long story, but I, I started building guitars and working on guitars years and years ago. I, I, I, I, I knew I knew nothing about working on guitars and I took my guitar and it was an acoustic guitar to have some little minor adjustment made and, and they made the adjustment and it was \$50. And back then, that was a lot of money. And I, and I said, you know, that's a lot of money for just this little bit that you did. And he said, well, if you don't like it, do it yourself next time. And I thought, well, don't think I won't. And I went to the library back then, you know, where he had to get your information from the library, took out all the books that I could find on building and working on guitars. And then I went to I bought some good old guitars at yard sales and stuff, and took them apart, put them back together. You know, a lot of guitars that wouldn't play when I got 'em would play after I was done. And I just ended up that led to one thing or another. And I ended up actually owning a little guitar shop. It was the guy that, the guy that I, that charged me \$50, I took all of his repair business from him.

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

I know it wasn't do it yourself. I wasn't, I wasn't

Mark Rashid ([01:34:22](#)):

Trying, you know, I wasn't trying to, I just, I was in a band at the time. I started working on the guys in the band it's guitars and, and they sent their friends to me and their friends came along and next thing you know, and so the guy sold me his guitar shop. And but anyway, that turned into building guitars at the time, it was mostly acoustics. And I did some electrics. And now with the downtime that we had with the pandemic we lost about three months worth of work. I just started building again. So yeah. So it's something I really enjoy doing, and it's a great, and that's, I'm doing better now than I was doing back then, because of the way, the way I'm living, I think. Right. Yeah.

Warwick Schiller ([01:35:07](#)):

Yeah. It's funny how you, you pick up something you used to do and I've, I've found this something you haven't done for 25 years and you can now do it better than you did it when you were doing it before, because of

Mark Rashid ([01:35:23](#)):

The ways you've changed

Warwick Schiller ([01:35:25](#)):

The way you look at things, the way you think about things. Yeah. It's, it's it's so the skill is all in you. Yeah,

Mark Rashid ([01:35:31](#)):

Yeah, yeah. It's, it's it's pretty cool. I really I'm really enjoying it. I've sold some guitars now, those to some folks, and I've got two on the bench right now that I'm working on. So I've got one that's going off to a friend down in Denver and, and one that I'm keeping for myself. So,

Warwick Schiller ([01:35:52](#)):

Okay. So I'm going to hit you with the next question here. And this question from the book, it has a caveat it's about occupation. It's about what advice would you give people about to enter your occupation? As the caveat in the book says, most of us are going to have occupations that are kind of out of the ordinary. And before we even do this, what would you say your occupation is? Like, it's, it's weird when you, when you do what we do, it's, there's no defining, this is what,

Mark Rashid ([01:36:25](#)):

This is what you do. Well, I'll tell you what I put on when I put on the card on the airplane when we're flying in someplace.

Warwick Schiller ([01:36:38](#)):

Okay. Cause I got one too. Yeah. Okay.

Mark Rashid ([01:36:40](#)):

Yeah. I'm an educator. Yup. Okay. So that's, that's what I, you know, or a teacher. And so that's what I, I feel like I'm doing so yeah, I do. I do that a lot

Warwick Schiller ([01:36:59](#)):

Going through reports on other countries because I, I know what you can and can't take, and I clean my boots off before we go and all that stuff. But if you put horse trainers, they want to go through and sanitize everything, and I've already done that. It's not like I'm dragging bits of dirt into countries. I shouldn't go into

Mark Rashid ([01:37:17](#)):

Well, especially going back to Australia or New Zealand. Yep. Yeah. Yeah. They gotta be.

Warwick Schiller ([01:37:25](#)):

So anyway, what advice would you give to people about to enter your occupation? Whatever that occupation is.

Mark Rashid ([01:37:38](#)):

Don't take yourself too seriously. Learn as much as you can and give stuff away. That's what I would say.

Warwick Schiller ([01:37:50](#)):

There you go for you listening to the podcast. I did a big chat about the giving thing. I think when I answered all the questions, so what I did in one of my podcasts, Mark, was I got all 20 questions and went through them and there was a big part of it about giving.

Mark Rashid ([01:38:05](#)):

Yeah. Yeah, yeah. That's a good thing. Yeah. That's, it's really, really important. It's really important.

Warwick Schiller ([01:38:11](#)):

Yeah. And especially the giving with no expectation of getting something back because otherwise it's not the right kind of giving it.

Mark Rashid ([01:38:20](#)):

Yeah. You're not, you're not giving that. It's like wrong thing. Easy.

Warwick Schiller ([01:38:25](#)):

Yeah. Interpretation of, okay. So what is one common myth about your profession? You wish to Dubai,

Mark Rashid ([01:38:31](#)):

That horses think like people do that horses are, are the idea of respect and disrespect. I mean, that is me copying right now, buddy.

Warwick Schiller ([01:38:46](#)):

Clap with me right here. There is no respect in district. I love that. Very good.

Mark Rashid ([01:38:51](#)):

You know, for me, it's, you know what it is, it's, it's either understanding or a lack thereof. There is, they don't have the capability to understand the concept of respect or disrespect, you know, and if anybody's interested in, you know, look at, look up some Steve Peters information and but they just don't have the part of the brain that allows for that, that, that way of thinking what it is is it just boils down to either a lack of understanding or they understand. So if you, if you replace the word respect with understanding disrespect, with lack of understanding, you're going to get a lot farther ahead. Yeah. I think that would, that would be the biggest myth I would say. That's a very,

Warwick Schiller ([01:39:38](#)):

Very good one. Yeah. I think that when you re when you replace those words with other words, it really changes your perspective on what the horse is doing. And, you know, as you know, when you change your perspective, you change your energy, you change your energy. So it's totally observer effect. It's all like quantum physics, quantum mechanics stuff.

Mark Rashid ([01:39:57](#)):

Yeah. And I, you know, the idea behind respect and disrespect, now that that's my horse doing something to me. You know, if he's, if my horse is disrespecting me, then he's doing something to me, which means I'm going to have to do something to him. So, you know, now we've got a real problem, but if you're talking about an understanding, well under, if he doesn't understand, and that's just, that's easy, I can fix that. I can help him understand. I can find a way to help him, but I can't find a way to make him respect me. So,

Warwick Schiller ([01:40:28](#)):

So that's, I think that's a difference to people. Some people want to fix their horse and some people want to help the horse. Yeah. And when you, when you help, when you try to help them, rather than fix them, help them is, is you're trying to help them feel better about the situation, fix them as you're trying to stop them from doing,

Mark Rashid ([01:40:49](#)):

You're going to change what you're trying to change, what they're doing. Right. Yeah. You're not,

Mark Rashid ([01:40:54](#)):

You can, yeah. You can change what they're doing without changing the way they feel. And, you know, and, and a lot of people do that. And so then, you know, and, and if that's what you need to do, then I guess that's what you need to do, but there's another way around it. You know? So

Warwick Schiller ([01:41:12](#)):

Before the lockdown, I was in New Zealand in late 2019, and I had a clinic. I, a new group was coming into the arena. I think. So I have, I have four different groups during the day and I'd go into the restrooms when the new group was coming in. And when I got back in the arena, I then turned my microphone back on. I hope you've never made the mistake. I always make sure you turn your microphone off before you go. I always turn everything right

Mark Rashid ([01:41:40](#)):

Off. I turned the PA off. I turned my microphone.

Warwick Schiller ([01:41:44](#)):

I came back in the arena and there was this one off the track thoroughbred or worn by, I can't remember kind of on the end of the lead rep. No, she wasn't running around. She was standing still, but she was screaming her head off just for thing was in a bit of a state. And I walked in the arena and I, and I pointed at that horse and I said, I could fix that. I'm not going to, but I could fix that. And the point I was trying to make was I could make that go away. That behavior go away. I'm not going to make the behavior go well, I'm going to solve the feeling behind that behavior. And I will help them with the feeling behind that behavior and the behavior will disappear, but I'm not going to fix it. I really, I really think that whole, when I used to be in the fixed mentality, when you're in the fixed mentality, it's it is, it is a quite a judgemental type way of looking at things.

Mark Rashid ([01:42:39](#)):

Yep.

Warwick Schiller ([01:42:40](#)):

Okay. You got one last question here. Oh, you got two last questions. Cause I'm going to ask you one of my okay. What quality do you admire in a person?

Mark Rashid ([01:42:52](#)):

That's, that's kind of an easy one for me. I would say Bushido and Machito is a is a code that was, I mean, it's, it's, it's not just in in martial arts or, or in it, it stems from the samurai days. But it's not just, it's not just there. I mean, there's, you know, in in Europe, it's, you know, chivalry, I guess you want to call it that, but there's, there's seven tenants to Bushido and it's just, it's just a code that you live by, you know? So it's the, you know, it's it's anyway, that's that, that's what I would say. It's that it's people who, who are honorable and, and and honest and trustworthy, and you know, that, you know, they're, they're bringing their best selves to whatever situation they're in and at any given time. And so for me, it's it that's, I would say that's, that's what it is. So, and the question, so your wife picked all these questions, but the one question that your wife did not pick, which is odd, this is podcast probably 30 now. I think haven't had on, I probably had 20 guests, maybe all, but one of them have chosen this one question, which your wife didn't choose, but what is your relationship like with fear?

Mark Rashid ([01:44:50](#)):

Hmm. I don't, I don't think about it that much. Well, that's a relationship in itself, isn't it? Yeah. yeah, I mean, I don't, I don't, I don't think about fear that much. I, yeah, it's really good question. I think fear comes again from, from when we get the end of our chain of knowledge. So when we, when we, when we see the things that we understand, when we get to the end of our understanding, then instinct, kicks in and fear is one of those instincts, you know, it's, I really don't think about it that much, to be honest with, you know, and I don't, I don't really get fearful that often that I can think of. So I'm afraid I'm not answering this question very well, but but I honestly, I just, I don't give it much thought ever.

Mark Rashid ([01:46:09](#)):

So I just that's probably why she didn't pick the question. But I don't, I don't really think about it that much. It's I understand that if I'm, if I'm starting to feel that way it's because I'm getting to the end of what I understand about this situation. And if we accept the fact that I'm getting to the end of what I understand, and I need to go back, I need to go into a different mode. I need to start, I need to start

slowing down and I need to start picking up on little smaller things. Or if it's in a conversation, I need to back myself up, you know, and I missed something earlier in the conversation. That's gotten us to this point or whatever, you know, and if it's like working with a horse, you know, I don't have a lot of fear around horses. There's really only one that I've ever worked with where I could actually say, you know, this horse is scaring me a little bit. Cause its behavior was so unpredictable, but but at this, at this point you've seen so much, and you've done so much that that you don't really kind of get to the end of your chain of knowledge.

Mark Rashid ([01:47:32](#)):

In other words, you might see something that you made maybe never seen before, but you have enough to back to you don't have enough in there in the computer to be able to work your way through it. Okay. Maybe I've seen something similar to this or I've done something or whatever. Then I'm going to try a couple of things here and see if we get some kind of a response in a positive direction and see if that helps. So so yeah, I mean, I just don't think about it that much. You know, and you know, from a physical standpoint, I don't, you know, things don't worry me that much. If I fall, I know how to fall now being thrown on the floor hard a few times.

Warwick Schiller ([01:48:16](#)):

Do you think? Okay. So do you think you think that keto has helped too with, well, I'll tell you what I'm getting at here. So I had Jonathan field on the podcast a while ago and Jonathan, we were at Jose expo somewhere. We went out to dinner one night and he was telling me that he, at some point in time in his life, he realized he was scared of being punched in the face. So he started taking boxing lessons and started going to boxing three nights a week. And he looked at me and he said, no, you get punched in the face enough. It doesn't bother you anymore.

Mark Rashid ([01:48:50](#)):

Yeah, actually he said

Warwick Schiller ([01:48:52](#)):

It had half a bottle of wine he's he said to me, he said, you want to punch me in the we're in the restaurant, this steak, you don't want to punch me in the face right now. Well, you can't, if you like, I'm like, so do you think, you think like with the Akita, with the physical part of that, if you were kind of afraid of some of those things in the beginning that that kind of eases your fear because you've been there and it's just fear is a lot of times fear is your thoughts about what it might be not actually,

Mark Rashid ([01:49:22](#)):

What is it? So it's, yeah, it's the unknown, you know, you're afraid of what, what might happen, you know? And, and, you know, if you, if you, if you, it kind of goes back to one of the things that we, we first started about talking about, you know, the idea that there's these things out there, and all you have to do is take a hold of them. And if you want to, and I think that that's the same thing. When you have enough information, you can make something up in a situation to get you through it. You know? I don't, you know, I've trained in several different arts. I'm not good at a lot of them. I'm pretty good at I, I Quito I'm by no means a master at it, but I could, if something came up on the street, I could probably take care of myself.

Mark Rashid ([01:50:20](#)):

And if, and if a situation came up, I could probably make something up to get out of it to some degree or another. And so, so I don't really fear situations like that too, too often. And it's kind of like that in, in my life in general, you know, I just feel like I can at this stage, I, I, you know, maybe I, maybe I'm going to run into a situation where that I can't do that, but, and then, then I'm going to learn something, which would be awesome. But, but in general, I just feel like even if I don't know what's what to do, I can maybe find a way through it.

Warwick Schiller ([01:51:00](#)):

Right? Well, they have it, ladies and gentlemen, Mark just said, it'll be awesomely for, I run into a situation to where I get afraid because I'll learn something. That's basically what I got that from them. And that is that is a way to look at life. That is the total opposite of the way you could look at life where you were worried about everything. You know, you, you seem to, you swing the embrace, you seem to embrace things like that. And I think that's probably why you're you know, you've had all this success with all the different things that you've done in your life. I think we might wrap it up there because we've been going for quite a while. So once again, people want to find out more about, you want to buy books DVD stuff like that way, where can I go to find it?

Mark Rashid ([01:51:47](#)):

Yeah, we the website is Mark russia.com. We have a page, two pages on Facebook. One of them is called considering the horse Mark Rashad. And the other one is called considering the horse Mark Rashad classroom. And the classroom is is a kind of a monthly \$10 monthly fee. People can go in there. And, and we usually have a couple hours worth of DV videos in there every month, which we change them out. And there's you know, little, like 10 minute training things and we do a Q and a and different there's Chrissy has things on, on there. So quite a little bit of information on there. And, and so yeah, so that's there and that's what we have. That's what we have available. Your books are on there too, or do they, they, I mean, some are our books.

Mark Rashid ([01:52:48](#)):

Yeah. Our books are on the website books, and I think there might be one or two DVDs left. We've put all those the online now. So for the most part though, I think there's there's still a few, maybe two or three DB DVDs that people can get. And the books are on there. We've got some music CDs. I was just like, is there any music CDs we've got to, in fact, we are working on a third one, what we were doing today, just before I came in here, I'm sitting actually in an, in our studio. So our recording studio, I don't know if you can see there's a couple of guitar guys back there. Yeah. Yeah. And so there are right now, there are one, two, three, four, five, six, seven, seven guitars in here in this room. And so yeah, so we've been, we've been busy.

Mark Rashid ([01:53:41](#)):

We've got another, it'll probably be out sometime this summer. Excellent. Do you, do you write your own music? Yup. Yeah. Yeah. Again, it's one of those things, right? You either Renaissance, man. It's nothing. These guys pull it out of the sky. Yeah. Well, you know what? There's nothing that anybody can do. We're all, we're all in the same boats. That's right. Just take what you want, man. It's all there. It's all available. Well, I'm gonna wrap this up. Thank you so much. It's been such a pleasure and an honor to have you on the podcast with me. I really feel, I feel the same way, brother. It's been really nice to visit with you again, and I hope to catch up with you down the road someplace, and please do come to to one of our I bottled deals. You're more than welcome and we'd love to have you. I can, it's on me. I'd

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love to know more about it. So anyway, thanks so much you guys at home listening. Thanks for joining us on the journey on podcast and we'll catch you on the next day

Speaker 1 ([01:54:39](#)):

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