

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 in this episode of the podcast, I have the pleasure of interviewing Mr. Jim Masterson of the Masterson method. And I, this was one of my favorite conversations just because of the way it went down. But you know, Jim does a method of bodywork on horses that has not just a profound change on the horses body, but on their mind too. And what I really think he's onto here is he he's taking the tension out of the mind, which actually takes the tension out of the buddy. But you know, the thing about Jimmy's I've been wanting to know is how did he figure this stuff out? Like he he's, he's figured some stuff out that you have to have a certain outlook on the world to have. And let me just read you from his website, what it says about Jim, it says in 1998, Jim was grooming horses on the U S Hunter jumper show circuit.

Warwick Schiller ([00:01:33](#)):

And he noticed while watching physical therapists work on horses, that the horse exhibited certain subtle changes in behavior that correlated with what the therapists were doing. He learned that if you trust and follow what the horse is telling you, as you work on it, the horses body will participate in the process of releasing tension, the result, not only an improvement in the performance, but also in the trust that develops between the horse and the human. And I'm thinking about the first line of that. Jim was grooming horses. How do you go? This is my big question. How do you go from being a horse groom to, to thinking about things that way? And that was, that was my, probably my big thing I wanted to talk to to Jim about was that. And I think he thought I was, well, we went to about the masters and method, but what I wanted to know was how does a average human being figure that stuff out.

Warwick Schiller ([00:02:21](#)):

And so I had to do some searching cause Jim didn't think the conversation was going that way, but I finally got to the bottom of how he developed a mindset like that. And it's fascinating because it goes so much along with every, a lot of, a lot of topics that have come up in these podcasts. I don't want to really give the game away, but it's yeah, I know. I can't give you the game away cause it's so cool. It's so ties in with a lot of stuff I've talked about in the podcast, especially the podcast with Rupert Isaacs and actually funnily enough. So anyway, I won't tease you any longer. Let's get let's get into this podcast with Jim masters and this is this is going to be fun. [inaudible] Jim Masterson, welcome to the journey on podcast.

Jim Masterson ([00:03:11](#)):

Thanks. Thank you. I'm happy to do this and talk with you. So it's interesting cause you know, it's an interview, but and I know you, you, you have maybe questions for me and things, but it's kind of, I'm, I'm interested to see how, what we do here, blends in with what you do because of so many people that do our type of body work, resonate with your work too. So, and I, and I've only been to met you at, at a couple of horse expos and I watched part of one of your presentations and, and I, but I had to get back to my booth. So I never really got to, I liked what I saw, but I never really got a fall picture. So,

Warwick Schiller ([00:03:49](#)):

You know, those horse expos, they're a little hard that way because there's all these people you want to go and see what they do. And you know, you never get to really do it because you're, you're busy with, with all your stuff. And usually the someone I really want to see ends up on the same time I am. And, and so I'm, I'm kind of really looking forward to the best horse practices summit sometime this year in Kentucky, because it's a summit. So there's only one person talking at a time. So you get to know you get to be in the audience and watch other stuff. Yeah. Those, those horse expos can be a bit of a three ring circus, can't they? Yeah. So yeah, you said there's a bit of crossover between what I do and what you do. And maybe let's start out talking about if people aren't familiar with the Masterson method, what is it you do

Jim Masterson ([00:04:41](#)):

Well, it's it's a type of equine bodywork where you learn to read and follow subtle changes in the horses body language, which I call responses their responses as you're doing the work. And if you've pay, pay attention to what the horse is telling you through the, these changes of body language then, and you follow that, it leads to the horse releasing pretty deep levels of tension. So it's a method required, bodywork where you follow the responses to the horse to help it release tension. And when I started picking up on this, when I was grooming Hunter jumpers and I kind of came across it just by observing other therapists, working on horses and I was just grooming and I noticed these little changes and, and I started experimenting with it and it turned into something that really worked. And when I realized people wanted, would want to learn this because it's really interacted with the horse, my wife said, what are you going to have to come up with an explanation for it because it's not massage and it's not chiropractic.

Jim Masterson ([00:05:40](#)):

It's not, it's, it's, it's a different thing. And so she said, you have to have a 15 second elevator speech to say, you know, if you were in the elevator with 15, for 15 seconds with somebody, how would you describe? And so it's a method it'd be quantum body work, where we learned to read and follow the responses of the horse to touch, to help it release in the key junctions of the body that must affect performance. So it was, I started out with this to improve performance in horses and it, but the interactive nature of it just appealed to a lot of people and they wanted to start to learn it so that it eventually guided me to this, you know, teaching people how to do it.

Warwick Schiller ([00:06:16](#)):

You know, something I've been on about for quite a while. Connecting with horses is, is attunement. You know, and, and attunement is described by a UCLA professor of psychology Daniel Siegel as the sense of being seen and being heard. And there's a trauma therapist from Canada and her name is Sarah schlocky. And she she goes a little further and she says, it's the attunement is the sense of being seen, being heard, feeling felt, and getting gotten. And you know, I've been to a two day Masterson workshop with Sandy Freeburg. And the thing that I got from that was, it is so much what you do is so much about attune minutes, really that, you know, when you said it releases tension, but you're not rubbing the tension out of them. You're connecting the attention out of them. You're you are, you're letting them, you're letting them know that you see the subtlest things, one blink, one little thing, and then you stand back and you wait and the magic happens.

Warwick Schiller ([00:07:29](#)):

And, and I'm sure you see this at, at your workshops all the time at the one with Sandy, I saw it there too, where people will start to have emotional responses to. And I really think I noticed that about three years ago during my clinics, when I really started people waiting for horses to let down just being there and just setting it up and then just standing there and waiting. And I'd have people that would start crying and I've had people cry at my clinics in the past, but it wasn't because of they were waiting it's because it's something I sick and like, I'd go over and say, are you okay? And they're like, yeah, I was just thinking about something. My dad said to me when I was a kid or some like that, and it, for a while, I couldn't figure out where it was coming from.

Warwick Schiller ([00:08:12](#)):

But when you are really present stuff, come, if you're not used to being present, stuff comes up. And I, I know. So yeah, I think, I think that master said method of equine bodywork is a whole lot more than that because I, I really think that the people practicing it have to change something about themselves or, or doing some of this stuff. It changes, it sets you up for changes. And I bet you, I'm a bit, you're kind of surprised that that that is one of the, you know, the outcomes from what you're doing well.

Jim Masterson ([00:08:50](#)):

Yeah. You know, I, when I was doing, working on the Hunter jumpers and I did that for years and I worked on, you know, Oh, I don't know, like 700 horses a year for, you know, probably seven years straight on the Hunter jumper circuit. And cause it worked, you know, they don't call you back if it's about results. So it worked, it got the horses to release tension. I got to moving better, but that whole interactive part is what makes it work, you know, that's what made it effective. And that's why it kind of led to this direction of teaching it. And I think it was more of sharing it and making a living of sharing it. But what you were saying about, you know, once you that attunement or being in tune, isn't just about seeing what's going on with the horse.

Jim Masterson ([00:09:36](#)):

It's when you see like I'll use the blink for example, or the bladder Meridian, you're going down the bladder murderer and we're really lightly with no pressure. You're not putting any pressure on the horse and you get a blink because the horses feel, you just crossed over a point that the horse felt something. And then so you saw that what the horse had to say. So that means something there's a correlation there. And then when you wait and do do nothing and don't put any pressure on and the horse starts to release tension, and then you step back that the horse of God that you got what it was saying, and you, I heard you talk about that too. And I was thinking, Oh, there's the ma the money. It's not just tuning into the horse. It's like allowing the horse to tune into you, but I didn't put no pressure on it. So, and, and finding something there that, that the horse is feeling, and then you're responding to it too. It's not the horse. The horse responds, there's the search for the response and stay for the release, but it's your, when you stop and stay and don't do anything, that's the horse gets that you got something and that's a whole nother layer of it, you know?

Warwick Schiller ([00:10:40](#)):

Yeah. That's that whole sense of being seen, being heard, feeling, felt getting gotten. And we, I want to talk quite a bit about that, but let's, I want to know the, the beginnings of that, like you were groomed for how to jump as, before you started doing this, how did you get into say being a groom for a hundred jumpers? I mean, what's, what's, what's your background? How'd you get there?

Jim Masterson ([00:11:03](#)):

I, I, my whole career is it hasn't been horses. You know, I had my horse when I was a kid and my best buddy's dad owned a ranch for a couple of years where, where we lived and we moved around a lot. My dad was a pilot, so, but, you know, he had a horse when he was younger. And then, so when I was younger, I was around horses. And, you know, we all connect with horses that you can't not if you're being around them, but then I was away from horses for a long time. And then in 1997 here in Fairfield, Iowa I was kind of between jobs and looking for something to do, and I didn't want to get a real job.

Warwick Schiller ([00:11:40](#)):

Can I ask what you were doing all the time?

Jim Masterson ([00:11:42](#)):

Well, I, we really w when I was 14, we moved overseas and I, and we lived overseas in various places for quite a few years till I left high school. And then I went to, and I fought forest fires and I worked on the pipeline. And then I moved to Wyoming and worked in the oil field for for about nine or 10 years. And, you know, nothing related to horses that, that that would connect with this, you know, being a rough neck, isn't exactly lead you down to this, this point.

Warwick Schiller ([00:12:13](#)):

Okay. Well, let's just back up a second, cause you kind of just brushed over me. I fought forest fires and then you went onto something else. Tell me about that.

Jim Masterson ([00:12:22](#)):

Well, I was always just looking for fun, fun jobs to do so fun things to do. And if I didn't enjoy what I was doing, I wouldn't last at it. You know, I, I have never had a job that I didn't enjoy doing that. I lasted more than a few months, so, and my my dad was a pilot. He was a contract pilot, so he would fly for a couple of years in one country, and then that contract would expire. We'd move somewhere else. So it was always a commercial product. Yeah. Cargo air support.

Warwick Schiller ([00:12:53](#)):

So what countries have you lived in?

Jim Masterson ([00:12:56](#)):

Well, when I was really young, we lived in Mexico for about half a year. And then when I was in my teens, we moved to Spain for a year. Then we moved to Africa for two years. We're in Africa Democratic Republic of the Congo. It was a year for a little while. You know, my dad led an adventurous life. He, he, he usually ended up flying someplace where there was war or, or problems, you know, like there wasn't a war going on there, but when we first moved to Spain, he was flying in Biafra. They'd be offered an airlift, which is a pretty, you know, adventurous thing to do. But we had to live, we lived in Spain because you couldn't live in the opera. And then after that was over, we moved to the Congo for two years. And then when that was over, we moved back to Spain.

Jim Masterson ([00:13:39](#)):

He went to work in Cambodia and and then w w I graduated high school in Spain and then moved, went to Alaska because I wanted, you know, it was just like a adventure. So, so that's what I was always

looking for. But there was one thing when we lived in Africa that kinda might relate to the working with horses or reading horses is we had a lot of monkeys, you know when, once the locals knew I loved animals, they just started bringing things out of the jungle. You know, we had a chimpanzee, I, we, I had two small baboons. I had an albino monkey that had white hair and pink skin and blue eyes and that their, their body language and their facial expressions are, they kind of get close to human, you know? So I would just spend time with these primates, you know, like the monkey on my lap, and we'd do a little grooming things and pay.

Jim Masterson ([00:14:39](#)):

I look at their facial expressions and they'd look at mine and I changed my facial expression and that would get a reaction out of them. So for example, a baboons, they have white eyelids. And when they're showing surprise or fear or aggression, they'll put their eyelids up. So, you know, like that. And well, this is a recording, but anyways, they'll raise their eyes. And and so, you know, I'd be sitting with a Baboo and on my lap, I was 16. And, and then, and I'd be doing this little grooming thing with them and licking my lips, and then they would relax and kinda do what baboons that's a social, you know, activity. And then I would show them my eyelid for like half a second. And they would, they would they'd like grab something and they'd shake it. And, but anyways, it was playing with these subtle little, they weren't so subtle, these changes in body language. And when I thought back at one point while I was working with horses, I thought, wow. You know, I used to do this with, with our, with our, our animals. You know, when I was younger and it kinda got me, there was a connection there. So I don't know if this is horse talk or not, but it's

Warwick Schiller ([00:15:47](#)):

This, my podcast is never bad horse talking. This is the stuff I want to hear. You were going to, you're going to brush over this year. My dad was a pilot and then I did some fires. And then I started on the horses, forget the horses. We all get horses here. I wouldn't know the backstory because, and wow. You know, there's, I'm fascinated by Africa. I had a feather on the podcast here a few weeks ago that spent a lot of time in Africa. And that podcast kind of changed something inside me, but I've always been fascinated with Africa and the fact that you lived in the Congo and had Tet baboons, and chimpanzees just kind of blows me away. That, that is very, very cool. You know, I was gonna, the reason I asked you about what countries you lived in, because I really think that if you've lived in different countries that have different cultures, it's, it changes, you know, there's the old saying going away and coming back, it's not the same as never having gone away. You know? So if you live in the middle of Iowa and then you go and live in, I dunno, Africa for two years, and then you come back to Iowa, Iowa does not look the same as it did before you left. And so you've had the opportunity to immerse yourself in several different cultures. And that's, that's got to add a lot to who you are, you know?

Jim Masterson ([00:17:06](#)):

Well, it does, it opens up your attention to your perspective and you start your, your, you just get kinda, you don't even know you're thinking outside of the box or acting outside of the box, because you don't know where the box is, you know, till you get back here and then, you know, well, there's a lot, there, there's a box here, and I'm not necessarily staying within the lines, but, but you do gain a different perspective, just like you said, by being in different cultures and seeing the the way people live and not taking things for granted, for example, would be an example of something that you get when you're living in different cultures. And, and you know that because, you know, you're, you're from a different, different place. You traveled yourself. So,

Warwick Schiller ([00:17:50](#)):

Yeah, well, I'm from a different place, but you know, Australian culture and us culture that did different, but they're not different, like living in Africa, Europe, Asia, you know, they're all completely different. Australia and America is similar enough to be similar, but different enough to be different, but it's not completely different. It's not like you go to, it's not like you go to Italy and everybody stops for lunch or, or, you know,

Jim Masterson ([00:18:21](#)):

Yeah, that's true. Australia's closer to living in America than than it is, you know, in England, living in America, comparing that, like that I noticed in Australia and you have wider streets. Like we have, if people are a little more open, like we are they drive on the other side of the road and they talk a little funny, but other than that, there's a lot of similarities, you know, in the culture. And, and you know, like the fifties in Australia were kind of like the fifties in America, you know, music wise and culture wise, I think, from listening to people there, but I know what you mean, but you do, you do gain a different perspective if you live in different cultures. And, and I, you know, I, like I said, I moved around a lot just when I was growing up, we were moving around. And then it seems when, you know, I come from a big family, seven boys and a girl, and it seems as they, as they left home, they all spun off on and they had this what do you call it? Centrifical force that kind of kept them moving around, you know? So,

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

And where do they live now?

Jim Masterson ([00:19:23](#)):

Well, three have passed away. My oldest brother lived in Hong Kong and Singapore a long time, and he passed away a few years ago in Hawaii. My second oldest brother lives in France and he's been there for, you know, decades. He's married to an English woman. My other two older brothers, one lives here in Iowa. And one's in Southern California. We're from Southern California originally.

Warwick Schiller ([00:19:46](#)):

Is he the one that's into the boats? Yeah. So I met him at the horse expo in some way back East. It was cold.

Jim Masterson ([00:19:55](#)):

Yeah. Was that it must Rick. He probably was in it was probably up at the Western States maybe?

Warwick Schiller ([00:20:03](#)):

No, no. I met him back East. Oh, really? Okay. Yeah. I met him at it wasn't Madison, Wisconsin. It was Minnesota horse fair, Minnesota horse expo. Yeah. That's, that's where I met him. So he's in the boat and he's in San Diego.

Jim Masterson ([00:20:21](#)):

He's in LA Harper, LA. Yeah. We most, you know, quite a few of my, but I have two little brothers who are passed away and, and they were in into sailing. And my two older brothers who you met in his twin are into sailing. And I sailed a lot. And so we're, you know, we all have a kind of my dad loved boats and

a lot of pilots they connect with sailing for reason, you know, you're working, you're in the elements, you know, sailing.

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

Yeah. So you kind of were going to gloss over. I've done a lot of sailing too, but maybe, maybe let's hear a bit about that. Cause you know, I'm not much I grew up in, you know, rural Australia and so I'm not much of a ocean person. I just, haven't spent a lot of time in it. My son lives in Hawaii now and he's really into surfing, but the, I was at a horse expo in Pomona or a couple of years ago and I was talking to Curt pate and this lady walked up and started chatting to Kurt. And I guess she's been in some of his clinics or whatever. And she said she used to be a surfer. And she said she said to me, you know, but now I'm into horses. She said, because you know, you can't have a relationship with a surfboard. And I said, you bet your surf boards, just like the saddle, the ocean is what you have the relationship with. And she went, Oh yeah, I never thought of it that way. But yeah, I, you know, I think, imagine if you're a pilot, you're having relationship with the air and if you're a Sally, you're having a relationship with something fluid and moving and happens to be a liquid and not a gas.

Jim Masterson ([00:22:02](#)):

Well, the weather and the water, you know, sailing is the weather and the water and flying is the weather and the, and the air, you know, and a lot of, a lot of pilots, they, they sail or retire when they retire. They sail. So my dad was like that. He loved, loved the ocean and loved sailboats. And it's the, you know, it's the elements that are, it's like you said, it's not about the surfboard. It's about the wave and mine, my nephew, my oldest brother's boy is in Hawaii and he was born there and he's he teaches surfing and Hawaiian culture. He blends them together. The, the mythology of the, of actually the way the weather, the Hawaiian mythology and weather patterns and how it relates to surfing. So that's a huge relationship for him with the ocean surfing, which Island is he on? He's on Oahu, Kailua side for planning, always.

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

Yeah, the Hawaiian cultures. My son's been educated me a bit about Hawaiian culture and it's, it's really cool because they were people who were connected to the land. And of course the ocean. Yeah.

Jim Masterson ([00:23:15](#)):

My nephew, he has a whole program. He teaches at Hawaiian, Pacific university on Hawaiian mythology and Hawaiian gods and the, and how they relate to different weather patterns and see patterns, you know, from all the way back to Polynesia. It's pretty interesting, you know, and it's just, it got, it all comes from surfing for him, that whole cultural thing, you know? And so it's funny, you know, when you look deeper at things, there's a lot of depth to stuff that might seem superficial on the surface, like surfing. Yeah. It's not about getting on a board and going down the face of a wave so much. There's a lot of, lot more to it. It's in horses too. I mean, they're so, well, I don't want to keep bringing it back to horses, but yeah. You know what I mean? I mean, there's just like incredible depths to horses. It's not just what they're doing on the outside. You know, you don't get just getting on them and going and having them do stuff. It's like, what's going on on the inside. That's pretty fascinating to me. I don't know. There was a certain point where I didn't want to ride anymore. I just wanted to do body work on the horses,

Warwick Schiller ([00:24:25](#)):

You know, and I read a book a few years ago, it's called, Equus lost. It's still around here somewhere. And I got halfway through that book and I stopped reading it because I thought, you know, what, if I finished this book, I might not ride horses anymore.

Jim Masterson ([00:24:49](#)):

So it's not like, I don't think I had my horses enjoy when I do things with them. You know, I, I, when I do go for a trail ride or I drive on, might have two Morgans and I hook them up to the buggy and go for a drive. And especially if I do it regularly, which I don't enough, but they like the interaction, you know, I, I kind of have a kind of a theory about animals that they, you know, whether it's a horse or whatever they do, like, you know, they're, they came from the wild and if they get too domesticated that they kind of just get blogged. They like a little adrenaline rush every once in a while, you know, like a little, they like a little, little pressure, a little something that it gets them going. So I don't, you know, but I know what you mean, you know, if you kept reading the book, you, you would, maybe not because you feel like you're being abusing the horse because you're not, but just because you're looking at the horse a different way than then as something that you're doing something physical with, I guess, or an activity.

Warwick Schiller ([00:25:46](#)):

Yeah. That book still sitting around here one day I'll, I'll go, okay, I'm ready to, I'm ready to, I'm ready to finish the book, but yeah, it really kind of got me, got me thinking about that. I think that was probably four years ago. And so in the last four years have probably really changed a lot about what I, how I go about things with them. And I might be able to read that book and go, no, I'm quite happy doing what I'm doing now because you know, I've gone up probably a level deeper or two. And, and yeah, I, I may have caught up with that book now, but I just, I have, you know, it, it did make me kind of stop and think now, or the other, the other thing it made me think is I might not eat bacon anymore. And I love bacon.

Jim Masterson ([00:26:28](#)):

That's a hard one bacon, they can good.

Warwick Schiller ([00:26:32](#)):

Yeah. You know, I, I grew up on a farm where we had our own care. We milked our own care. We had our own chickens and we hit around sheep and we, we ate them and they lived out in the pasture and tootled around and till it didn't tooler anymore, but you know what I mean? And so that was, that's, that's my background with consuming meat, you know, and, and it's, yeah, that's another story in itself. But anyway,

Jim Masterson ([00:26:58](#)):

Well, I, you know, I, you know, I would have trouble eating an animal that I raised. I would have trouble you know, doing that as much as I love, you know, the food that I love. So I sometimes make me feel a little guilty about it, but I just am not the person that can do the, then that part in the middle where you have to kill the animal. And, and I couldn't, I would have trouble doing that, but I wasn't raised that way. You know, I wasn't raised on a farm where we raised our own food and the people that do that are, that are raised on a farm. Like they have a, they have a relationship with the animals that they raised, you know, for food and the, and that's part of the relationship with them.

Warwick Schiller ([00:27:42](#)):



Yeah. It's, it's, it's a different way of looking at things. So getting back to the story of Jim Masterson so yeah, you get the Africa thing. What, what other cool stories have you got from Uganda? Cause I'm sure if you're there for a couple of years, you saw some, some things you just do not see in, in like the cultures that we live in.

Jim Masterson (00:28:04):

Well, yeah. You know, you when we moved there and I was 16 when we moved there, I think yeah, right around there. And of course it's a whole different culture and you're, you know, that Africa's interesting place. I remember thinking at one point while you're there sometimes depending where you are, you can't wait to get out and then once you leave, you can't wait to go back again. So, but the Congo is, was, was pretty backwards. We lived in a town in the Northern Congo and there, and it's all jungle up there. And my dad flew AirTran, transports, you know, [inaudible] around to different. There was a company that that contracted pilots and maintenance crews for the Congolese air force. And so these were Congolese air force, cargo planes. And so he would fly from Kisangani to these little air strips all over the Northern Congo.

Jim Masterson (00:28:58):

And so me and my little brothers, that's what we did for two years. There was no school there. We just traveled around the, the Northern Congo and the North and the Northeast Congo. We'd either fly, we'd fly with my dad and land at some dirt strip at some little town that might probably had an army base there. And then we'd get off the plane and we'd make our way back home. You know, it's probably maybe three or 300 miles or so sometimes for on these dirt roads. So the jungles riding on trucks that used to take, you know, stuff between towns, food and things. And so it was th that was two year, a two year education, you know, completely different than going to school. And, and the, the, you know, you're, you're, you're with Africans, you know, and they're not the same as Europeans, especially in the Congo.

Jim Masterson (00:29:47):

There's a huge gap between Europeans and Americans and the locals just the historical and cultural gaps. So I think it's cool to be exposed to that as a teenager, because you don't really have a lot of judgment about it. You don't have a lot of history or baggage with that, you know, you're just you recognize there's a difference, you know, the way the Europeans act towards the Africans and the way the Africans act and feel towards the Europeans. But, you know, there's a nice overlap in it. And there was no, no no kind of fighting or anything going on at the time. It was between rebellions and so you could get along, but there was a huge, you know, disparity in the way you live. But you, as a, as a, as a teenager, it was kind of neat because you didn't have any judgment about it and you didn't have any hesitation to just go somewhere and be with them, you know, where you didn't worry about what it looked like, you know, associating with people completely different race and culture. So, you know, I'm, I'm I'm glad I did it. You know, I was, I caught up on my regular education later. I didn't need it at the time. Well, that's

Warwick Schiller (00:31:00):

The sort of education money can't buy.

Jim Masterson (00:31:03):

No, you can't, it's not like a program you can sign up for.

Warwick Schiller ([00:31:08](#)):

And it had to be in between rebellions too. So it was, you know, safe enough to travel around and do whatever you wanted to do. And,

Jim Masterson ([00:31:15](#)):

And my parents, they've never been worriers, you know, no matter where we live, they never worried about LLI. They just, they just, I kind of joke that, you know, they had eight kids, so they had a few spares, you know, if anything went wrong, but they never worried about it and they just let us go off and do our thing. And as long as we were at home for dinner and and I look back now, if I had kids, I wouldn't, I'd be worried about, you know, them even here, you know, not a danger wise, but you know, my nephew lives here in Fairfield. And my he's my little brother's son in my little boy, feather passed away a few years ago. And so Evan's a teenager now, but I worry about not worry about him being in danger. I just worry about him making the right decisions in life, you know? And so I try to steer him towards the right decisions without being controlling. But but if we, you know, if he was my kid and he was younger and growing up, I would be, I don't think I'd feel comfortable with him running off into the jungle for two weeks coming up and expecting him to show up at some point, you know,

Warwick Schiller ([00:32:22](#)):

No, I did a clinic in Australia a few years ago when I was a lady from South Africa in the clinic. And that night at dinner, I ended up sitting next to her and I said, and I said, how long have you been in Australia? And she'd only been there a couple of years or maybe three years. And I said, her, do you like, and she goes, well, she said the energy's different here. I don't know. It's like, so it's, it's better. She goes, no, that there's less of it. And I'm like, nice watch he, the less energy. And I was trying to figure out what she was talking about. And she said, well, you know, I get off the plane in South Africa and I can feel the energy. And I said, what do you think the difference is? And she goes all that. And she didn't even think about it. I said, what you think the different, she goes, Oh, that's easy. She goes, every human and animal in Africa knows today's the day I could die. Yeah.

Jim Masterson ([00:33:15](#)):

We take that for granted.

Warwick Schiller ([00:33:17](#)):

Yeah. And I, and I think, you know, we kind of get numb to that. You know, we live in a safe society, you know, we choose not to live in the bad part of town. We have police, you know, everything's nice and orderly, but that's not really how nature works.

Jim Masterson ([00:33:36](#)):

No, we, we assume things are going to be taken care of one way or another, you know, one way or another. And over there, you know, something as simple as breaking a bone or you know, a traffic accident, it could be that could change your life, you know for the, for the worse. So it, it's true, you know, and that's the neat thing about that is an energy in Africa. Like it is yeah, I know what she, I know what she means. And, but I, I wouldn't probably have gotten off the plane and, and put it in those terms, but that w you know, that she did, but it's interesting that she just, that's what came out.

Warwick Schiller ([00:34:17](#)):

Yeah. Something very primal about Africa, you know,

Jim Masterson ([00:34:20](#)):

Primal is the word that's when you get yeah. That describes it as primal. And, you know, you said the environment and the people, the people and the, and the, the you know, the physical environment nature. It's very primal. Yeah.

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

Yeah. You said, you know, when you're there, you probably can't wait to leave when you leave. You can't wait to go back. And, and I have re I have heard that when you go to Africa, it, it kinda, it stays in you a little bit. And I've been, I've been once, and can't wait to go back again, because it was just amazing.

Jim Masterson ([00:34:53](#)):

Well, I've been back a few times working, you know, when I was in the oil field, I w went back worked in the Sudan for four months. And then I went back and was in Angola for a couple of years. So it was, but it was funny. You can't, you

Warwick Schiller ([00:35:09](#)):

Can't just brush over that.

Jim Masterson ([00:35:11](#)):

Okay. Well, I was gonna say it's funny because when I w I was working off shore, when I went to Angola for an offshore drilling company, and I, I went as a training coordinator to train Angolans to work on the rigs. And it's funny, cause I had grown up there for a few years and been there before, quite a bit before then. And nobody I worked with really, you know, they're all from the States, the Gulf, you know, Gulf area, Louisiana, Texas, and and they completely saw Africa's different than I did. You know, they, they were just going there for a job and they, it was a headache, you know, having to deal with, with the Africans. And, and I saw them differently. I, you know, I saw them as somebody who was trying to people, I was trying to help and help them get ahead and kind of get out of that wreck.

Jim Masterson ([00:36:01](#)):

They're they're, they, they live in a rut, you know, cause they don't have the opportunity we have and they don't have the protections we have. They can have the, the culture's different, you know, like in Africa, if you get ahead, you know, there's a tribal culture, it's a smaller unit, you know, then than a country that like the U S where we're all together, it's a small clam unit. And, and if, if you get ahead, somebody, you get ahead too far, somebody who's going to come along and take what you've got, because that's the way it is. You know, you can't have that much more than somebody else. And so it was hard for them to get ahead and, and and that they're yeah, so it's different. So anyways, so you know, I wanted to help them get ahead. And I was working with, you know, Americans ex-pats that they could care less where they, they got ahead, they were over there to make, do their, do their job and make a living.

Warwick Schiller ([00:36:55](#)):

Yeah. And I, when I was in, I went to Kenya a couple of years ago and I met a lady there. Who'd been a Safari guide in Africa for 17 years. She's from England named Emily. And Emily is also a licensed diesel mechanic. And so she was a Safari guide and she drove one of those big six wheel drive trucks. And she's driven through every country in Africa except Angola. And when you say the reason, there's a reason they wouldn't let her in at the border, but it's not safe to travel through. So when you said you spent two years in Angola, I'm like my ears pricked up. Like really that's one of the most dangerous places in Africa.

Jim Masterson ([00:37:35](#)):

Well, it was, it was between civil works. You know, it was, well, it was towards the end of the civil war. They were still fighting there. And we actually had to abandon one re rig at one point because they were getting too close. But w you know, we weren't being shot at or anything. It just says. But anyways, so it was Angola. They had a lot of you know, war going on for a long period of time. They were, they were late to give, be given independence from Portugal. And they, there was a lot of fighting while they're trying to gain their independence. And then once they got their independence, there was, you know, the communist factions wanting, you know, and then the non-communist factions. And so there was a long civil war after they gained independence. It's finally, so that's probably why they wouldn't, you know, she couldn't go in and in the sixties, that's the way it was with the combo.

Jim Masterson ([00:38:25](#)):

And then in the later in the may, I think the eighties that was even then, it got bad too. So you always kind of had to navigate, well, you know, ever since the sixties, when a lot of most, a lot of African countries got independent, you had to kind of navigate your way between the conflict areas, if you were driving through, through Africa. And then, and I remember those, she might've worked for these outfits that took these big Bedford trucks, you know, six wheel drive trucks. And they would have a huge trailer with all their camping gear. And people would go on Safari from Europe, across the Sahara, down through through the Congo and then over to East Africa, and then on down to South to South Africa and these youth in these big trucks. And that's what made me, you know, that's what I thought of when you said she

Warwick Schiller ([00:39:11](#)):

Was a diesel mechanic. She had been through

Jim Masterson ([00:39:13](#)):

Every, every country except Angola. I, yeah, I'm surprised she was, she got through the Sudan too, because Sudan had so much fighting. And, and I worked there on a drilling rig for three months. My dad was flying over there in the, in the oil field. And it was, you know, there was a period of, I don't know, it might've been three or four or five years where they weren't fighting, you know, the South wasn't fighting against the North. And so, you know, oil companies went in and the, you know, there was oil there and the government wanted him to drill for oil, but then, you know, within a few years after I worked there, no, there wasn't any more drilling there because of fighting. But I it's, it's kind of cool. Now you can go on Google maps and go to the places where you used to be. And I went on Google maps to see, try to find where I was in the Southern Sudan on this rig, which was, there was no town there either. They were just just, just a rig and it was moving around, drilling some Wells. And I, and I went on Google maps and I was able to see there actually is, they have produced some oil down there now. So

again, not that that has to do with anything, but except that it's hot, red, hot and cold is how Africa runs. Yeah.

Warwick Schiller ([00:40:23](#)):

Right. Wow. That's quite the stories I wasn't expecting to get out of Jim Masterson. So,

Jim Masterson ([00:40:31](#)):

Well, I, I don't, I don't talk about the monkeys a lot because, you know, I have a reputation to protect, you know, I, I work with horses and if people might think what you mean, you learned about horses from monkeys. I, that can't work, but it, you know, there's a connection there. Okay.

Warwick Schiller ([00:40:48](#)):

What I learned about humans from horses. So, you know, you can learn, you can, you can learn something.

Jim Masterson ([00:40:54](#)):

Yeah. One thing about you, I noticed, and I don't know you really well. I've just met you a few times and I hear about your you're you're from, you know, the Masterson method, people that go to your clinics and from Sandy and that you're, you're open you're, you're, you're not just in that lane, you know, you're, you're, you're you change lanes and get back in your lane, you were talking about the psychologist about the attunement and your investigate different things that have to do, you know, it's, it's not just about the horses. It's about the people, you know, a lot, a lot of horse world, it's about you, the horses, but for me, you know, with this work, with the bodywork, you know, that's the effect that it has on the people. And when you're doing, when somebody is doing that bladder Meridian technique, which I, my goal is every horse on the planet have the bladder Meridian done to it at least once.

Jim Masterson ([00:41:48](#)):

And, and because not just because it's going to make a huge impact on the horse as well, the way the horse sees the human or relates to the human, but it's going to make a really big impact on the person too. You know, we were talking about being present, you know, the horses, when you get a little instruction on how to be present with the horse, just doing the work, you're, you, you get, you get present with the horse because you're waiting for something, it's all, anything you do with horse. I kind of come to look at it this way. If you were to just step back and give it the horse some time in between what you're doing, that the the you'd be 10 times more effective with whatever you're doing with the horse. If you just gave the horse that space and seeing what, how it responded to what you're doing, it would make you present. But also it would make the horse more present with you. Because like we were talking about once the horse gets that you get what they're saying, then it changes the relations.

Warwick Schiller ([00:42:50](#)):

Yeah. And if you think about horses in a herd, you know, they're not mutually grooming each other 24 hours a day, they spend so much time just being and what do we do? Anytime we show up with a horse, there's something we want, there's something we want to do. And we just don't spend any time just hanging with them. And we've got a our mayor just had a fall. We've been gone for three weeks in Arizona, and our mayor had a fall while we're gone. And since I've been back about and went back a couple of days, but I've been doing my morning meditation out there in that past with the fall. And that

may have had a fall a couple of years ago. And that was the first fall. I had done everything completely differently than I used to do. And what we did with him was we didn't interact with him.

Warwick Schiller ([00:43:38](#)):

Initially. We'd go out there and sit and let him come and interact with us, but not try to touch him, not try to control and not try to do anything with him for three or four months, really. And he's the friendliest horse in the world, you know, like, he'll be, he'll be, he's two now, but he'll be out there in the pasture and knee-high grass eaten and you'll walk out there and he'll pull his head out of the grass and he'd come up every single time. The other older other horses might just stay there, but he comes up every time and, and yeah, this fall of us, just, just going out there and being around them without asking for something. So that's that, that's kinda like my first thing. Now, whether it's with any horse, really, but like with this one, you know, think about you have the first interactions with foals are usually we're going to do something to them.

Warwick Schiller ([00:44:23](#)):

We're going to touch them. We want to touch them. We want to do this with them. We want to whatever. And that's their, their first interaction with humans. And it's amazing how about you? They get, if you can just not ask anything of them. And so, yeah, I think, you know, the, the Masterson thing I went to with Sandy, some of those people there, I think probably have never really been present before. And so you see these, these huge things. I, I spent a year doing a type of therapy called dialectical behavior therapy about three years ago, both individual therapy and group therapy, but one, and they used to give us homework, like mindfulness homework in this therapy. And one of the, one of the homework suggestions was closely observe an animal. Like if your cat's laying in the, in the, on the window sill and the sun's coming in, just sit there and just look at the sun, coming off every little hair on the cat. And what are you doing with the masters and method? You are closely observing an animal. And that's very, I dunno, that's the healing part, but it opens you up to all sorts of stuff. So, yeah, I think there's a lot more to it than just that more stuff.

Jim Masterson ([00:45:37](#)):

Yeah. It's actually pretty sneaky because that's a, by-product of doing, treating the horse, you know? And yeah, because you're just being, it's observing, you know you know, I use the bladder Meridian as an example because you're, you become mindful through the process of doing that, you know, because you, you're, you're part of the processes to wait just once you get that response. So, you know, you have a goal and you want to see what's going on with the horse and then you get a response. And so then you stay with that and do nothing and wait, but you're waiting for something to happen. But while you're waiting for something to happen, you be, you use your mind comes way down and you become present, and then you get the payoff when the horse gives you this big yawn of them. Like, it's like anyways, yeah, I know what you mean, but but you mentioned you've meditated and which helps, you know, and I learned transcendental meditation when I was younger. So, you know, I had it,

Warwick Schiller ([00:46:39](#)):

Don't pass over that one. Tell us all about learning TM.

Jim Masterson ([00:46:43](#)):

Yeah. So, well, I just, when I, after I got out of high school and I went to Alaska to Fairbanks and I was, I was there for four years and a friend of mine up there, he had learned TM. And he said you really need

to learn this. And since he was a really good friend of mine and I, you know, did everything, he said, he was kind of like a mentor of mine up there. He, he was living up there and said, come on up. So I learned, and you know, you get that experience of that silence and you get comfortable with it. And so at least you recognize it later on in life. Now one of the early after I learned, I said, man, this is so cool. My, or my hangovers nearly as bad. Now I've got to learn to meditate, but you know, that wasn't because I was young and, and having fun. But so I meditate. I don't meditate regularly now, but I, but I can sit down and meditate or I, and you start to get that quality and your activity active life too, when you get it,

Warwick Schiller ([00:47:46](#)):

You don't have to meditate because everything's a meditation.

Jim Masterson ([00:47:49](#)):

Yeah. Everything's meditation, but it's good to meditate because you know, you, it's good to kind of calm your nervous system down and get it reminded, you know? But, but yeah, it's, it's, it's, it's good. When you start to recognize that you can have that quality of inner, of of silence at a certain level in activity, you know, it still is good to meditate because you really get it. And it reminds you because, you know, I get stressed out with, you know, the, the business and keeping things going and doing all these new things. And then you get caught up in that getting stressed out. And it's hard to break that cycle, but if you know how to meditate, you can lay, sit down and at least break that cycle.

Warwick Schiller ([00:48:32](#)):

You know, it's funny, it's funny. You said once you learn how to meditate, then your, your hangovers became less well, mine did too, because once I, about two years into meditating, I, I lost the desire to drink anymore. So my never went away because I didn't drink my hanging out with a lot better because I wasn't drinking anymore. Yeah.

Jim Masterson ([00:48:54](#)):

Yeah. Well, I, you know, I like beer. I just like beer and wine with dinner, but I don't, you know, I'm not, I wouldn't call a heavy drinker, but you know, when I was younger, you know, you know what, it's like, you're out partying and having fun and life's an adventure. And, you know, I recognize that quality of meditation, but it was kind of half joking with him that my, you know, he, he, when he asked me one time, how did, how do you like it? You know, how's it going? I said, that was my response. Cause it was kind of just being good. But you, you, I think the thing about meditating is in TM, that it, you want to integrate integrates into your other, the rest of your life is just not about the 20 minutes you sit and meditate. It's about how it integrates. It changes the, through the, throughout the rest of the day, it has an effect on that.

Warwick Schiller ([00:49:45](#)):

So, okay. Question for you. Were you the only roughneck in the world who does TM cause it's the two don't really go together?

Jim Masterson ([00:49:54](#)):

Yeah, I think I'm the only one that I ever ran into. I don't know if there might, it's a big world out there, but I would have to, you know, on a, on an offshore rig, it was a four week on four week off schedule. So

when I was meditating more in those days when I was younger, I would on my 12 hours, you know, it's 12 on 12 off for 28 days, 12 days for 12 hours on 12 hours off. So yeah, you take your shower, you go to the, the, the mess hall or the dining room you eat, you know, as much as you can eat. And then you and your buddies on the crew might go watch a movie or something in the TV room. Or they might go play poker. I don't play a poker, but I would kind of have to sneak off and find a quiet place where I could sit and meditate where people wouldn't ask me what I was doing. Whereas if you'd say, Oh, I'm meditating. All of a sudden you're, you're labeled like a guru or something. And they're just so I'd have to sneak off and find a place to meditate. And I'd have a book in my lap. And so if somebody came and said, what are you doing? I say, Oh, I must have fallen asleep,

Warwick Schiller ([00:50:59](#)):

Got to have a coverup for your meditation. So for people who are not familiar with TM, transcendental meditation, tell us a little bit about that.

Jim Masterson ([00:51:11](#)):

Well, it's been around a while. It's there are a lot of different ways to meditate. I think they all have the goal of being mindful and, and quieting the mind down. TM was a way of meditating brought from India by Maharishi Mahesh, Yogi, and in the fifties and the late fifties. And then in the sixties, it kind of really took off in the U S and because he developed just a simple system of meditating sitting down 20 minutes, twice a day. And, and the, and when you get taught, you, you get a mantra was just a sound to kind of re kind of repeat in your mind until your mind settles down. And then the benefits, he had a lot of research done on it. You know, the physiological benefits, it quiets the nervous system down and it creates coherence in the brain waves.

Jim Masterson ([00:52:00](#)):

So he had a lot of research done. He was a monk, but he, he, before he became a, he was a physics student, I think he had a master's in physics in India. So he came at it from a scientific perspective too, because he wanted to, he wanted to study the physical benefits and the mental benefits of meditation, not just the, you know, the spiritual aspect of meditation. So he came at it from a very scientific approach, but he still had long hair and Maura robe, you know, he looked like a, a Yogi from, from India. But it really took off. And a lot of, you know, a lot of hot people in Hollywood, the Beatles went to India, the number of actors in Hollywood that have learned to meditate over the years. A lot of them in the sixties and seventies is like a mile long.

Jim Masterson ([00:52:46](#)):

You wouldn't even know. Clint Eastwood is a, is a big, big meditator. And really, yeah. Oprah Jim Carey, you know, I E Mel, Mel Merv, Griffin Merv Griffith, is that it? Yeah, that's, he was big on TM used to have a personality who learned who, who were into TM on his show. So in the S in the seventies and eighties, especially, and I learned in this, in the seventies and but it just took off. It's just a system of meditation and it's still around. And I live in Iowa now and how I ended up here because there well, I didn't want to open another page, but when I left out Alaska, I went to Wyoming because my dad had gotten a job there, flying fire retardant bombers. And so I was pipeline was over I was ready to leave Alaska.

Jim Masterson ([00:53:41](#)):

So I went down to Wyoming and lived there for a few years. And after I was there for two years, and then my dad upped and got a job in Libya. So my mom and dad and my, my little sister took off to



Europe again. And then I stayed on in Wyoming. And when I was ready to leave Wyoming I, my friend from Alaska had moved to Fairfield because the TM movement had bought a college campus here and started a college in Fairfield, Iowa. So I came out here from Wyoming and stayed a couple of years and came and went and came and went met my wife here. She's from the East coast. She came from a meditating family, but anyways, so there's a huge TM community here in Fairfield, Iowa, because of the college, the university. And so that's how I ended up here in Fairfield. I forgot what my point was, but I'm sure it was perfect.

Warwick Schiller ([00:54:36](#)):

Well, yeah, my point has been, I didn't have a point, but my point has been taken care of because in this conversation, what I wanted to do was figure out how the bloody hell did Jim Masterson figure out the stuff he's figured out. Well, now I know, like, it's not like you were some average Joe, and this stuff just came to you. I mean, you've been, you've been doing transgender meditation since the seventies, and you moved to Fairfield, Iowa to immerse yourself in it. Now, it all makes sense. Now that you've lived in Africa, you know what I mean? And being with the primates and it's like, okay, well, that's, that's how you stumbled upon it. You didn't stumble upon it. You spent 30 years preparing yourself for now.

Jim Masterson ([00:55:24](#)):

All those things have an input. Well, everybody, you know, it's the same with everybody, you know, but I just maybe had a little broader range of different influences, but I'm sure meditating helped me learn, you know, when I was grooming and were grooming horses and I was watching therapists work on the horses, I was able to just observe, you know, without my brain getting in the way, not that I wasn't thinking I'm watching a massage therapist work on a horse or horse chiropractor, and I'm watching these changes in the horse's behavior. It's not like I was meditating, but, you know, you're, you're able to, I was able to just observe, you know, and not feel like I was missing something or I didn't know something, or I should be more educated. And I kind of joked that you know, I I was able to just you know, and I, for example, at bladder Merde, and I used that in his grandpas.

Jim Masterson ([00:56:15](#)):

So you run your hand lightly down this line that it's it's a Chinese medicine medicine, Meridian that runs along the top line on each of the horse. And I don't know Chinese medicine, but these massage therapists, these two ladies that were massaging our, our trainer hired them and out of nest is parked at a show to work on our horses. And they were, they would relax the horse by doing the bladder Meridian, just running their finger, really lightly down this Meridian of the horse. And just to relax the horse and kind of connect with the horse. And I noticed the horse would blink at certain points and I could see the horse was feeling something there. So I, when I went to do it, I would run my finger over this, down the line. And if I got a blink and you, you did this at the weekend, you've got to blink.

Jim Masterson ([00:56:56](#)):

You would stop wait and do, do nothing. And just keep the horses attention awareness on that until it started to release. You know, so you search for the response. You stay on that spot until you get a release and the state, part's the hardest part to wait and wait, and wait until something happens. And I kind of joke you have I'm naturally lazy. So that part was easy for me to wait and just do nothing. And then the other part is once I didn't, wasn't trained to massage that place, or I wasn't trained to do anything. So I didn't have any training in the way. So I was an and lazy. So those two, those two things

were huge advantage. I had over people that are trained and want to get things done. But having, having meditated, it's easier to wait and see what happens and observe.

Jim Masterson ([00:57:47](#)):

So you just said, so that's actually what you're doing when you're meditating, you reached this point where you're just witnessing what's going on in your mind, rather than being caught up in it. You're kind of take a step away from it. So so you're right. It's kind of, all those things kinda came to get came together in a way. And, and I wouldn't have gone to work with horses if I hadn't been in Fairfield. Cause that's where the, my wife said go to work for vowel is that, you know, she needed a groom to go on the road with her, to the shows she had grooms at home. I didn't want to, you know, clean stalls at home. I wanted to just go on the road with her, to the shows and take care of the horses. So that's how I got into the horses in in, you know, for on you know, work or competing level.

Warwick Schiller ([00:58:31](#)):

Well, the podcast is done. I've got to the, I got the new street, cause I'm kidding. It's not done. But that's what I was trying to dig out was, you know, how do you get there? But speaking of jokes just made me think of a joke while you were telling your stories there, it was a joke. I just made it up. This is a dead joke, but I'm good at dead jokes. Okay. What is clean? What is Clint Eastwood say to what his clinics would say when he sits down to do transcendental meditation? Make my day, go ahead. Make me present. Sorry. That's a dead joke, but I could just say goody Harry doing that. Go ahead. Present.

Jim Masterson ([00:59:16](#)):

Yeah. That's the other side of dirty Harry.

Warwick Schiller ([00:59:18](#)):

That's crazy. I didn't know that the clinics would, is that a meditator? So tell me a bit about so you went to work, you were a groom for one person, is that correct? Like one owner?

Jim Masterson ([00:59:33](#)):

Well the trainer, there were, there were two or three families in here in town who were into horses and they, they, they wanted to show, you know, their, their daughters wanted to show and a couple of the parents showed when they were younger. So they they were successful business, family, people and men. And so they bought up a horse farm here and they hired a trainer and they they to take the, you know, to go show on the road, you know, they started excuse me in the Midwest here, you know, going to shows around here in Chicago and St. Louis and Columbia, Missouri, you know, showing around here. And they had really nice horses, you know, and it was it was a really nice operation, a hundred jumper, you know, at that level is pretty, it's pretty nice. And then they started going, she started going farther a field out to, you know, like Placid and, you know, we'd go to Lexington a couple of times a year and out to Estes park and for the spring show.

Jim Masterson ([01:00:29](#)):

And then eventually ended up down going to Ocala, which is the next step before Wellington, you know, at Cal is pretty big time, but Wellington's like the big time. And so they ended up showing down in Wellington and so we would go down for the season down in December. And and that's where I really started to pick up on this. The, the thing that kinda got me interested was there was a an old horse

chiropractor from New Zealand who who lived in California, that, that the bats would bring out to, you know, Lexington and Florida to, to adjust their clients' horses you know, a few times a year. And when he came out he'd been doing it for 40 years and he learned from another old guy in New Zealand. Who'd been doing it for 40 years and he used very long lever, forceful techniques, which, but he got amazing results and he would read the horse.

Jim Masterson ([01:01:23](#)):

He, after he did an adjustment, he would step back to see what the horse, see what the horse had to say. And if you got a good adjustment, the horse would maybe step kind of maybe staggered a little or blink a few times and shake his head and then start yawning repeatedly. And that was his sign. He got a good adjustment. And then, so whenever he came out and he would come to our barn at the shows to do you know, to work on our horses, that there were anywhere we would have anywhere from like four to maybe eight horses at the shows. And I just followed him around. I would hold the, I would just, you know, I was fascinated. I wanted to do what he did. I wanted to become a horse chiropractor and, and adjust horses and get amazing results and fix everybody's horse, you know, and make it go better.

Jim Masterson ([01:02:08](#)):

And so, but that intrigued me, that horse, you know, seeing what the horse had to say. And there was another thing that happened that helped me make that connection. Yeah. That's this park at the Val, our trainer hired these two ladies to massage our horses and they did traditional massage and they would start with the bladder Meridian, like I was describing. And so when I started experimented with the bladder Meridian and I got a blink and I just waited there to see what happened, put no pressure on the horse, actually maybe less pressure than the horse would drop his head, start to look into. And sometimes we start yawning repeatedly, you know, and the eyelid would roll back just from doing that. So there's a connection there. The horse was doing, the horse was releasing something it's, something was happening. And so that was the connection, you know, that really got me going.

Jim Masterson ([01:02:53](#)):

And so I would, I would follow this horse chiropractor around whenever he came around. And, and when I was trying, starting to build my business down in Wellington, when I, I would, I would, I stopped growing and started just trying to pick up horse clients while I was down there. I would drive the horses down there for, for Val. And then I would go off and do my own thing for the season and then come and drive them back. So that was kind of my ticket down there. But anyways, I would I would follow him around and hold the lead rope and drive him from barn, the barn for a couple of trips that he came down there and just watch. And he didn't share, you know, he didn't want to teach anybody, you know, he was old timer, you know, he played his cards close to his chest, but, but I would just pick up little things and I would ask them little questions and he would give me an answer.

Jim Masterson ([01:03:34](#)):

And he was a really nice guy, but, and I wanted to apprentice with him and he said, you know, it won't work. You know, he didn't teach, he didn't train people. And and so I just picked up some things from some ma just like two or three key things that really made a huge difference. And I started adding movement techniques into, into the way I work on horses. And so I kind of learned what movement the horse needed in what parts of the body to make an improvement, to make a change. But rather than using force, I would use a softening. Like, you know, you did a technique on the, on your weekend where you lateral cervical collection, where you go down the neck and you kind of, you're asking for

relaxed movement of each vertebra down the neck. And as you work your way down and soften, if you run into tension and a vertebra, the connective tissue of a, of a junction, if there's tension in there and you ask it to move, then the horse tenses the horse braces against it because it's uncomfortable.

Jim Masterson ([01:04:26](#)):

So when the horse braces, if you soften it's counterintuitive rather than tents, you know, usually when the horse tense is we tense when the horse tenses, you soften the horse releases some of that tension, and then you can move through it. All of a sudden you can move through it. So I would take something, an adjustment that he would use a very long labor and in a lot of pressure to get his adjustment. And I would do the opposite. I would soften at that point and the horse would release the tension. And so I, you know it's good that he didn't want to train me because otherwise I'd be doing stuff, you know? And not only that, you can't teach that to everybody and you can teach what I am doing to everybody. Anybody can learn how to do this. You know, some people might take a little longer to learn, you know, it's counterintuitive to, to let go rather than try to do something. So,

Warwick Schiller ([01:05:18](#)):

You know, I think the difference with what you do then almost every other bodyworker, if that's what you are does is I think that you release the mental tension that's causing the physical tension, whereas other people are working on the physical tension, but the reason it's there is still there. And, you know, like they, they still holding onto that mental tension, which causes that, that physical tension. And that's the, yeah, that's the thing like, and, and I, I think a big part of what you do is like what you said, if you reach, if you place that, get to that point where they start to tighten up and you, instead of pushing through it, you relax a little bit. That's that attunement that's, that's telling them, I see your threshold. And these days I'm all about staying below threshold in it's it's. I mentioned before, there's a trauma therapist for me from Canada.

Warwick Schiller ([01:06:17](#)):

And she she's the one that said attunement is the sense of being seen, being heard, feeling felt, and getting gotten. And she wrote a really good, she writes really good blogs. She's got a website called Equus Soma, but one of her blogs on there was Oh, I forget what the wording was. But she was basically saying, letting them know, you see things before you worry about trying to get results. I forget exactly how she worded it. I'll probably put it in the show notes or something, but that concepts before no something before concepts communication before concepts or something like that, she said, but basically anytime they, they start to tense up, tell them okay, so that you're not trying to get a result.

Jim Masterson ([01:07:04](#)):

Oh yeah. I, I, I, I wonder if I heard that might've been part of, one of your demonstrations at one of the expos, cause that sounds really familiar. And it made, it made sense to me that that made sense to me at the time. And that makes sense now

Warwick Schiller ([01:07:22](#)):

Up right now. So I can, so I can give you the, the real rundown on what it,

Jim Masterson ([01:07:29](#)):

It's almost like you're really, it's really about the horse. It's not about what you're thinking about it. Yeah.

Warwick Schiller ([01:07:33](#)):

And before concepts, that's what she says, connection before concepts. So if they say that scares me to go, Whoa, I saw that rather than trying to solve the problem or that bothers me. Right. Instead of trying to fix why it bothers them. You first, you got to say, I saw it bothered you. And what I've found with, I used to do a lot of desensitizing with horses, desensitizing, trying to get them to where they wasn't bothered by it these days I still do, but it's not desensitized. And you start doing something. If they say that bothers me, you take it away immediately. Well, that's that, that's that communication, that connection thing. And guess what? It works exactly the same way. It's where after a while the thing doesn't bother them, but they are so much more relaxed and it builds trust in you builds connection has just, for me, it's like the Holy grail and it to the average person looking over the fence, they'd probably think you're an idiot. Yeah.

Jim Masterson ([01:08:32](#)):

Yeah. I get exactly what you mean. It's like, you know, you're go down the you're going, working your way down the neck and you feel the horse start to tense and you immediately soften. Sometimes you, you feel it before it even happens and you soften and then the horse softens right away. And then there it's like, they get that. You're not going to push through that point. So you can be sensitized them by pushing through that point until they get used to it. But you're the way you're describing it. As you're not pushing through that point, you're re you're letting them know, okay, that's the threshold because you got to find the threshold to release tension. You got to find where it is and to get the horse desensitized, you got to find where that threshold is. And, but when you get to that threshold, that's when you soften.

Jim Masterson ([01:09:12](#)):

And then you're, that's the connection with the horse she's talking about before the concept of let's get this out of here, you know, let's get your distance, let's get you used to this. You know, it's, that's been done for ages, right. But this is just a different way to do it and you get good results from it. And I get good results from it. And it w I think it's better than with the horse's nervous system we're working with. Like you said, the mental, it's the part, it's the part of the nervous system. When the horse releases the tension, it's a lot deeper and it lasts longer. Then when you make the tension go.

Warwick Schiller ([01:09:49](#)):

Yeah. Well, I think when you make the tension go away, you've, you've, like I said before, you've, you've fixed the physical problem, but the reason it's there is because they're holding onto some metal tension. And it's funny when I first became aware of, of your work in, it was about the same time that I was doing things quite a bit differently and starting to observe different results. You know, the yawning, the third eyelid rolling back in every once in a while, I would have a horse have such a big release that, that their nose would run. Like they just have a big old out of both nostrils. And then I think I was talking to you, but the Western States horse expo in Sacramento, and you said that you observed the same, the same thing. And it's, you know, it's like, they've been holding onto stuff in there and it just, it just,

Jim Masterson ([01:10:38](#)):

Yeah. When you release tension in the pole and the Atlas up there, and, and all of a sudden their nose starts straining, but it makes sense to me, you know, there's, that's mental tension, but it's, it's, it's mental, that's turned into physical tension. And then when it lets go, and that's one of the things that, that, that whole horse chiropractor pointed out to me, you know, cause I noticed it when he was doing adjustments and he said, yeah, said, Oh, that makes sense. And it's usually when you're working up in this area, but sometimes you're working somewhere else on the horse and all of a sudden there are no starts to drain. And for me, the value of that is that, Oh, it's working. I don't, sometimes you don't think it's working. You think, well, how could this be working? I'm not doing it.

Jim Masterson ([01:11:18](#)):

I didn't get that. Cause the horse didn't like it. Well, the horse didn't like it because you found it. But then when you backed off the horse, let some of that go. So when you see the nose running, then you know, you're making progress and you don't feel like you have, Oh, I better do more. It's not working. So a lot of people, you know, you know, we train, we teach people how to do this now. So we're observing people as much as horses, but that, it's a common thing that, you know, they, they feel like they need to do more. And I do that too, you know, and I, when I work on horses, I still, I have to remind myself, wait a minute, this is having a pretty huge effect on this horse. This is, that's why this horse has just stopped responding. Cause I'm, I'm, he's overloaded his nervous, system's overloaded time to back off. But as humans, we want to keep doing it because it's good. It's working. We want to keep going or, or it's not working. I better work harder at it. And then the horse has reached his point where he can't do anymore. So you notice these things that, that, that tell you what's working and you don't feel so much like you have to do more.

Warwick Schiller ([01:12:19](#)):

Yeah. It's pretty amazing stuff. And so I, I think we better get to some of these questions that you've, you've chosen here. Cause I, I, like I said, I've got to, I wanted to know how Jim Masterson figured this out, but now I know because all your other stuff, you know, I've got to,

Jim Masterson ([01:12:34](#)):

That was kind of a revelation that the clouds opened up in this big beam of light came down and Nat

Warwick Schiller ([01:12:40](#)):

And a friend of mine in, I've got a friend of mine in Texas who trains reining horses at a very, very, very high level. But he looks at things so much differently than everybody else does. And I've known him for, I've known him for quite a long time. But I think we used to have those superficial conversations. And as I've gone down the rabbit hole, we've started having some different conversations. But he told me he was six months ago and I've known him for 20 years that when he was younger, he, I knew he worked on a, on a Arabian place. But the people that owned the place, you'd just told me to six months ago, people that own the place were really into meditation and stuff. And they used to like, like a mantra meditations and they had these affirmations and all this stuff. And he did that for several years, 20 or 30 years ago probably when he was working for them. And he'd never mentioned it, but this guy's just got this. Like everybody loves him because he's just got these cool vibe about him or whatever. And I didn't even know that bit about him. And it's kind of like, I was trying to figure out how to be an artist and figure this stuff out and all that stuff, living in Africa that trended in a meditation,

Jim Masterson ([01:13:55](#)):

Well, that stuff doesn't fit in with our traditional concept of, you know, a cowboy or a horseman or whatever. But when you look back at like the door and says, you know, they, I didn't know them, but I read about them and you know, the way they were with horses was just kind of like very,

Warwick Schiller ([01:14:12](#)):

Very present, but say, I don't think they had to be, to be present because they, they didn't grow up in this technological world. We have where we're glued to our phones and stuff. And I think that's the, the, the difference is, is a lot of people may, especially, especially in the beginning, reading anything in the diamonds is red. I'm like, I don't understand a word they said. But as I've gotten further along now, it makes a lot more sense. But anyway, let's ask Jim some questions, Jim Masterson, what is your biggest failure and how has it helped you?

Jim Masterson ([01:14:48](#)):

So I liked that question because it wasn't like I had a huge failure where I felt like, you know, life was over and then it made a huge, you know apifany or anything. It's almost like, you know, I was talking about, I wanted to do with this guy, did the horse chiropractor. And when he said, no, just he did encourage me to go on and keep, keep keep messing with it. But, you know, to me, it was a huge let down. And but it turned out that that was the, you know, that it worked out better for me that way. But also it's, I think it's a neat question because, you know, we have little failures every day, you know, we have, we have things every day that, you know, and I'm coming at this from kind of a teaching point of view with, with students where people that come to learn this, that, Oh, that's not working.

Jim Masterson ([01:15:43](#)):

Oh, that's not working. Oh, that's not working and I'm not getting it when, when really they're getting it, you know, they're getting, and it's hard to get people to get they're getting it. That's, it's hard to do that. So that's kind of a, I thought that was a good question because, you know, we get, we get discouraged easily because we're not insert, some people are more perfectionist or a type personalities than other, and they, and they get discouraged because, Oh, it's not working. So they try harder, they tense up and, and you know, those aren't, those are the little failures that, you know, the daily that we, that we feel like we're failing at and it's easy to get discouraged. But th that question, you know, I thought that's how it relates. I related to that, that did bring up that I wanted to be with this guy was but actually this is better because I'm able to, you know, teach, you know, tons, more people had to experience this and to their horses to experience it too.

Warwick Schiller ([01:16:40](#)):

You know, I thought I was wanting to be running. I was trying to for about 20 years and get to do it. You know,

Jim Masterson ([01:16:47](#)):

Probably weren't a failure at it though.

Warwick Schiller ([01:16:49](#)):

I wasn't, you know, I wasn't a well beta, so, but that's, you know, these questions are from Tim Ferriss's book, tribe of mentors. So he sent these 20 questions out to all these people in all their email results. He turned it into a, into a book. But what I really like about that question is, and you kind of touched on him

is I like the fact that it helps people understand that failure is part of success and not to go God, I'm failing like, yeah. Another failure. That's good. And I'm a big fan of a book called mastery by George Leonard of note, if you've ever read that one, but talks about the talks about the the plateau. So when you're learning something new, you, you get you know, a bit of an increase in knowledge, and then it drops off a bit.

Warwick Schiller ([01:17:42](#)):

And then you're on this plateau for a long time. And, Oh, you're joining a little pitcher here, you know? So you, you go up and you go down and then you're on this plateau for a long time before you get enough skill to have another upward surge. And most people think we're not plateau that they're, they're failing. They're not getting anywhere, but you have to understand that's a part of, that's a part of the learning process and yeah, you, when you kind of touched on it, when you said people think they're not getting it where they are getting it. And that's, it's kind of like people that first try to meditate and they go, Oh, I can't meditate. And I like to tell them, well, Eckhart totally says, when you realize you're not present, you're present. And the only reason you think you can't meditate is because you realized you weren't thinking about your breathing or your man, your mantra or whatever it was. And at that very instant, when you said, I can't meditate, you were actually meditating. So

Jim Masterson ([01:18:38](#)):

Cause you were aware that you were

Warwick Schiller ([01:18:40](#)):

Not focusing on your breath or your mantra or whatever it is you're supposed to be focusing,

Jim Masterson ([01:18:44](#)):

But that's a good lesson. You know, that plateau idea because you, you feel like you're, you're not going anywhere, but you are going, you are going somewhere. It's part of the process and you get discouraged with the plateau. Like I'm not, especially when it's a long plateau. And but there's a reason for that. You know, that's leading up to the whatever's next. I think it that's the value of, you know, that, that concept of the plateau and the fun parts where you're learning, right?

Warwick Schiller ([01:19:10](#)):

The fun part is when you get the upward surge, cause you think you're getting somewhere. But I think the plateau provides us with two different things. One is it's where you're learning with the other, the other one, it's the test. It's like, how bad do you want this? You know, if you're, if you're really into instant gratification, you'll give up during the plateau. And I think, and I like, I like building stuff because training horses is not an instant gratification pursuit. You don't see the changes right away. I love to be able to work for two hours and stand back and look at something, go, yeah, that's what I got accomplished. Well, you don't get that with horses. So that's why I like to, to build things just to satisfy that. Pardon?

Jim Masterson ([01:19:54](#)):

Yeah. I know what you mean, that, you know, one of your questions where's what do you do for in your off time or is recreation, but it it's you know, I, I used think I wouldn't have the patience to be a horse trainer because you got to really build on each thing and that your it's a long-term thing. You know, I, I



realized at one point that every time we do something with the horse, we're training the horse, whether we know it or not. So if you want it, you gotta be aware of what, what you're, what, what the horse is picking up from you. But the bodywork was easier for me too. Cause I got results right away. You know, I got a release, right? If you get results, as you're doing the work, you see the horses responses and releases.

Jim Masterson ([01:20:38](#)):

So you, and then you get results afterwards in the movement. So I think that's how, you know, the body work kind of filled that need, for me, it wasn't a long term thing. And I get, when you're training horses, you really have to have the patients, but you, you know, I developed patients from working on horses, you know, earlier on I would get angry at them because, you know, I wasn't going right. And they weren't re they weren't reacting the way I wanted them to react or they were really uncomfortable with it. And so they would, of course, you know, they're going to say no, but they do everything for a reason. And once I got that, they weren't, I didn't take it personally. They weren't just doing it to me. You know, they were doing it for a reason and I wasn't paying attention to what the reason was. So I learned patience for, from them in that respect. Yeah.

Warwick Schiller ([01:21:24](#)):

Once you realize it's not a, no, it's a threat, it's a, it's an admission of their threshold, then it has to be different. Yeah.

Jim Masterson ([01:21:31](#)):

Yeah. If you look at it differently and your, yeah.

Warwick Schiller ([01:21:35](#)):

Okay. So next question. What has changed? What have you changed in the past three, four or five years that have, that have?

Jim Masterson ([01:21:46](#)):

Well, that's interesting because that was what we were just talking about. You know what I mean? He had to be patient and I wrote down slow way down it and at least try to stop judging, you know, judging the horse. You know, it's not easy, you know, you're, it's always going to come up for us, but first is slow way down. I've slowed when I stopped working on horses and, and, you know, stopped going on the show circuit and just, and focus more on this teaching business. And then I would just, I would just work on horses in the course of teaching, you know, and going out and doing our clinics and our advanced courses. And I slowed down way down and I got much better results slowing down and waiting more.

Warwick Schiller ([01:22:28](#)):

Well, I was just thinking of the parallel between what you were doing, what I'm doing, because I used to train horses for people, used to work on horses for people. Now you teach people how to work in horses and I teach people how to train horses and exactly the same thing. I've slowed way down and got much better results,

Jim Masterson ([01:22:47](#)):

Much better results. And the other thing that it's kind of I didn't have trouble with this early on because this other, this other thing that kind of has to do with this when I started doing this work with horses, I was used to like the horse people I was around when I was a kid is like, they all, they all knew everything about horses and they'd been around horses their whole life and you couldn't teach them anything. And, and I thought these were the people that were going to show up at my SA clinics, like challenging, you know what I was saying? That's not the way it's done. And then they didn't show up. Only the PE everybody showed up at my seminars that I was teaching. They were there to learn. And it was a little different than what they were normally used to.

Jim Masterson ([01:23:31](#)):

So they didn't, I mean, it was a different enough that they weren't able to, they didn't want to challenge it probably because it was working, but we still have the need to be. Right. You know, we want to know what it is. And we want to, you know, with horses, we want to be the one that knows how to fix this or how to train that. And, and once you let go of that need to be right. You just opens a whole new door, you know, you just observe and see what happens. So you kind of get what I'm saying, but I was never going to be, I told myself never going to be one of those guys that, Oh yeah. I know how to fix that. I know what that is. You know, you know, whether it's chiropractor or a trainer or whatever, I was going to not going to be the guy that says, yeah, I know how to fix that because you're, that's just your Nate, your ego getting in the way, and it's not serving the client, the person who was hired in you or that it might be following the person that's hired you, but it's not going to fool the horse.

Jim Masterson ([01:24:30](#)):

So I used to, I used to fix stuff

Warwick Schiller ([01:24:35](#)):

These days. I'm like Oh, I'll have a go with, with the information I have and where I'm at. And yeah,

Jim Masterson ([01:24:44](#)):

You're actually gonna fix more things if you don't have the, that. Well, it's a thing in our teaching is like you're not trying to fix anything in the horse. You're, you're just trying to make an improvement with the bodywork. Each, each thing you do with the horse you're not trying to fix anything because when you have that, that intention that you're trying to fix something, the horse picks up on it and they internally brace against it. You know, it's like, you're crossing the threshold with your intention and the horse picks up on it, and then you're going to brace against it. You're not going to be paying attention to the horse. You're just paying. You're just going by. What in your mind you think needs to be done. I think you talked about this a little earlier, the concept before the connection.

Jim Masterson ([01:25:23](#)):

So if you have this attitude, you're trying to fix something. Then the horse picks up on it. At least when you're doing the physical work and then they internally brace against it. So you have to just have the, the operating system is more like, we're just trying to make an improvement. And then we move on. Don't try to keep working on that spot. And that serves the horse better too, because their nervous system has to have time to process whatever you just released. So you're just trying to make an improvement. Then you move on and then you come back and you make another improvement and then you move on and, and that, that need to fix something. It's kind of like the need to be, right?

Warwick Schiller ([01:25:59](#)):

No know you just mentioned intention there. And a header. I had a, to my Facebook

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

Group the other day, and this lady came on and she started saying how she did, she followed this other Horseman's program and it didn't work. And she mentioned who the other horsemen was. And I will hear in a second, but I went to delete it. Cause I don't, you know, you don't trash talk. Other, other, other professionals who were doing a good job anyway. But as I read it further down, I left the whole thing there because she said, I tried to do, I tried to do Perelli for five years and Perilla, didn't work with my horse. And so then I tried something else and then she says, and then at some point in time, I realized it wasn't that Perelli didn't work my intention while doing Perelli stuff didn't work. And then she said, I realized my intention at the time, doing anybody stuff wouldn't have worked. And so it's not the, it's not the techniques. And you know, if it had, if her posts had been different, I would have deleted it, but it wasn't, it wasn't picking on anybody. You know, it wasn't saying anybody was doing anything wrong. And then it was kind of like, she was just expressing a revelation that she had. Like I realized, I thought that I thought that pet stuff didn't work with my horse. And then she realized it was just my intention behind.

Jim Masterson ([01:27:22](#)):

Yeah. Well, that was insightful too. You know, I've heard it.

Warwick Schiller ([01:27:26](#)):

That's why I left it there. Cause I thought it was a good post for people to share because I don't let people put down other trainers because I think everybody's doing a great job. And another thing about intention I really had an epiphany about recently was in bill Dorrance, his book that Leslie Desmond wrote true horsemanship through field, right? In the very, very staff first page. I think maybe page two, he's talking about feel. And he says, now a foal can be laying down an American brush the fall with her whiskers. And that feel that she offers can mean get up. We got to go or it could mean everything's okay. Stay down there depending on the intention she presents it with. And I'm like, I've read that book before. It didn't make sense to me, but I skipped things. And I was like, Oh, so actually the book could be called to horsemanship through intention. That's what that's a part of feel is your intention. I'm like, that makes a lot of sense now. But yeah, the, the presentation that the, you know, something as subtle as brushing their whiskers on the fall while it's laying down could mean two totally opposite things, depending on the energy that was behind it. And I think that's, that's why like say meditating and things like that, getting people to change their internal world. I think it helps change that

Jim Masterson ([01:28:51](#)):

When you approach the horse, you know, some people approach the horse and the horse goes like this and another person approaches the horse and the horse stays relaxed because your intention isn't and it's hard, you know, like, but then somebody might ask, well, what intention should I have? Well, you know, how do you, you, you can explain that too easily. Maybe don't have the intention that you're going to just make the horse do something. You might be able to explain that. But another way to look at it as if it's not working with the horse, then you're in something wrong with your, the way you're doing it. So maybe your intention should change. And the one example I use is, you know, when I go to pick up a horse's foot, I just step in and I put my hand down by the leg and, and I say, give me your foot.

Jim Masterson ([01:29:33](#)):

And it's not because the horse understands English because it might be an Arabian or it might be an Andalusian that maybe it speaks Spanish. I don't know, but it, but I'm clear on my intention. And a lot of people that go to pick up the foot and they've been doing it this way, their whole life, their intention is I'm going to, I'm going to have to squeeze the flexor tendon, or I'm going to have to be yank on the, the foot or he's gonna, you know, they're, they're they think their intention is they want to pick up the foot. But part of that intention is I wonder how much trouble I'm going to have picking up the foot. And when you say, give me your foot, you're clear on your intention and the horse picks up on it. And I mean, the majority of the time when I pick up a horse's foot, he picks up his foot for me, just when I put my hand down there, because I I'm clear on my intention. And I'm clear, cause I say, give me your foot. So as an example, you know, we sometimes think our intention is one thing, but you know, we're expecting something different

Warwick Schiller ([01:30:25](#)):

Was words. But

Jim Masterson ([01:30:27](#)):

Another thing that's kind of funny when I used to pick up the hind foot, when I was working, when I used to pick up, I realized I was saying the wrong thing. I would reach down for the hind foot and I'd say, let me have it. And then I remember, I thought one day that's probably not the right choice of words. When you're going to pick up the horses, I need to let me have it.

Warwick Schiller ([01:30:45](#)):

They might give it to you. So I changed it. Okay. So what is, what's a common myth that in your, about your line of work that you'd like to debunk? Well

Jim Masterson ([01:31:01](#)):

It's you know, when we work on the horse, it's, it's about the whole, there's a lot of interconnections in the horse's body and it's that thing of that goes back to trying to fix something. So I'm going to fix this and and it's almost always never just one thing, you know, from the point of view of the body, the horse's body, it's not, Oh, that's, the Atlas is out. That's the problem. That's part of the problem. And so the, if the Atlas is out, there's going to be something else going on in the body. That's out too. That's like say the horses jammed up in the right pole, one Atlas, well, you can fix that. But what about the left hind on the diagonal? There's going to be some, some tension on the left hind two. In most cases, there are patterns, you know, when you first recognized there were patterns in the horse.

Jim Masterson ([01:31:48](#)):

And I kind of learned, picked up on this from the, the old horsepower factor, but there, there are patterns of tension and that was the first indication that it's not, it's never just one thing. There's something connected to another thing, connected to another thing. So to not have that mindset that, Oh, I, I, if I fix this, everything's going to be fine. Well, you may, it may be a little better, but if you fix, if you release the whole horse, we always do the whole horse, maybe not all at once, but we look at it like, you're not just going to work on, he's got a neck problem. Every time you work on him, you got to do the rest of the body in order for all the rubber bands to kind of come back into alignment. So just to have that that perception or have that in mind, that it's, that it's almost always never just one thing. It's,

there's one thing that's connected to another, and then you don't have that attitude of, I'm just trying to fix this thing, you know, you know, does that make sense?

Warwick Schiller ([01:32:42](#)):

Yeah, exactly. Yeah. One thing,

Jim Masterson ([01:32:45](#)):

It's just a way to look at the horse from at least from the bodywork point of view and the physical issues in the horse that, you know, you got to look at the whole horse together and not just as a problem here and a problem there. And you know, that's, you're trained to, to treat, treat, treat issues, you know, they're trained to find what's wrong and treat it, and then, okay, now you go on out and if it's better good, but you know, the horse's body might be compensating for a coffin joint issue, which is causing him pain, he's compensating. So he's going to start to build up tension and other parts of the body. So, you know, you can treat the leg, the foot or leg or whatever. And, but if you don't, sometimes they're still going to be on and off afterwards.

Jim Masterson ([01:33:29](#)):

And it's because of something else going on. Like for example, you know, if they have something going on in the right front and they're compensating over time before they actually go lame, they're going to get jammed up in the lower neck and C7 on the left and T1. And so it's happened quite a few times with me that I worked on a horse that recently had a coffin joint injected and he was sound, and then he's off again and he's hound and he's off again. And then you release detention in this junction here, and then all of a sudden they're good. So it has a practical, it has a practical value, you know, that looking at the horse that way. But also I think in general, looking at things in a more holistic way is, is going to make your life easier with horses and their life easier.

Warwick Schiller ([01:34:15](#)):

Yes. Surely is. Okay. Next question for Jim Masterson, this is the one almost everybody picks. What is your relationship like with fear?

Jim Masterson ([01:34:29](#)):

Okay. I liked that one because when you say sent that question is it's like most people would like to say I'm like a Navy seal. I run into the challenges of death and then confront my fears. And to be honest, I don't, you know, I you know, I deal with them on a daily basis, you know, it's almost like, you know, some people they're like that. They just confront, but, but I don't, it's, it's like as if it starts to come up, I want to kind, kinda deal with it if I can on that level, rather than on, you know, running into the jaws of death level. And it's kinda like those little lessons that come up every day, you know, if it starts to come up, if you can be conscious conscious of it at the time and just, and then kind of confront it right then on a, on a easier level than waiting for, you know, or trying to take on giant things. So it's just that, I like that question because sometimes it's, you've got to confront your fears and you got to, you know, make that call. And I'm a little more about what's in that department. I'd like to deal with something or recognize, you know, the small fears that come up and during the day, and, and try to confront them on that level rather than on a giant level.

Warwick Schiller ([01:35:58](#)):

You know, it sounds a lot like horse training, you know, you don't, you don't wait till the, the concerns are overwhelming before you try to fix it. You, you solve the small things and the big things go away.

Jim Masterson ([01:36:11](#)):

Yeah. They can, they can go, well, you still have the big things, but if you can train yourself with the small things.

Warwick Schiller ([01:36:20](#)):

Exactly. Okay. Next question. What is the luckiest thing that ever happened to you?

Jim Masterson ([01:36:26](#)):

So I liked that question because early on, you know, when I was trying to build up my business and, and it was discouraging because you've got to build your business up bodywork business, one horse at a time, you know, and what we want to do is we want to get that big trainer or that, that has tons of horses and they hire you and you're going to be set. And, and w you know, when you, when you, when, when you go into the business of, you know, equine bodyworker, you know, working on a horses that it's hard, you know, you gotta be willing to do it one horse at a time. And I remember I got really discouraged early, early on in my wife was really supportive in that she said, you know, I was ready to quit or do something different than I thought, you know, I went to shoeing school for two weeks to learn how to put on a shoe without leaving the horse.

Jim Masterson ([01:37:15](#)):

Cause I thought, well, maybe I'll true horses and, and do this on the side. And she said, no, if you just love with you do what you do, you have to stick with it. And so that was really, really good advice. And you have to love what you're doing, but I remember I was, you know, I was here in Fairfield and I was going to drive out to Ohio to a show. And but there was a guy here who knew a guy up in Michigan who raised Arabian coalition, Arabian race horses, who, who might need a few horses where Connie said, so I drove all the way up there in the Northern Michigan. And I get there and the places I'm a mass and the guy has, you know, a few horses that he did, wasn't caring for very well. And he just, no, maybe I could work on one.

Jim Masterson ([01:37:56](#)):

And it was really depressing situation. And I'm driving back down after that, after maybe working on one of his horses and that it was never gonna courses, it probably wasn't going to help the horse cause he wasn't gonna follow up with it. But anyways, and I'm driving down through Michigan and and I'm looking for a place to stop for the night and there's a little mom pod looking hotel. It wasn't one of the big chains. And I, and I thought, well, I'm going to take a chance on this place. It looks nice. And I go in there and there are no nice little mom and pop hotels around anymore. They're all, if they're a little rundown motel, that's what they are. It's a low run mode down motel where the guy with the dirty t-shirt and I get my room and I go in and I don't even take my shoes off because the carpet so sticky and it's got cigarette burns in the, in the, in the polyester.

Jim Masterson ([01:38:45](#)):

Yeah, he was, you were there and it was really depressing. And I thought I was kind of at the bottom. And and so what I did is I sat there in bed and I meditated and I, it was kind of like when you get at a

certain rock, not rock bottom, but low level that's as far down as you go in it. And I met Ted and I was thinking, how would I really like my business to go, you know, what would, how would I want this to happen? What, what would I want? And I, and I was thinking, I just would like the phone to start ringing, you know, the phone rings and I, and people calling me to work on their horses. And so I just got real clear on what it would feel like if the phone just started ringing, you know, and I didn't have to drive to Northern Michigan and, and and go through that experience.

Jim Masterson ([01:39:32](#)):

And then I went to sleep that night and the next morning I got in the truck and I'm driving down towards Ohio and about, you know, three hours later, my cell phone rings and it's bowel Canada. She was the she's a two time world endurance champion. And I'd worked on her horses in Ocala, the previous season or that winter I'd worked on her horses in Ocala, a few of them. And I met her for the first time. I didn't know anything about endurance. And she liked, you know, she liked the results. And so she calls and she says they, they just made her chef to keep up the U S team for the world, equestrian games in AKA Germany. And what I like to go

Warwick Schiller ([01:40:19](#)):

Three hours later, Hey, Jim, what I've figured out is all you have to do is ask, ask him, get out of the way. It's that whole,

Jim Masterson ([01:40:30](#)):

It's gotta be clear on. You're asking, you know, that's the hard part. Cause we, we attach a lot of, well, how could that happen? But I just got clear. What would it feel like they have the phone ring and then three hours later I get in the truck vulnerable. I go to, I go to the world, the question, yeah,

Warwick Schiller ([01:40:43](#)):

There you go. Yeah. That's, that's, that's the secret, right? They have a friend from wild and she says, intention, attention, no tension. So you get to pick the intention out there, you know, as for it, you got to pay attention to the things that come along from it. But you also gotta have no tension. You can't be like, well, so when's it going to happen? Look, I asked three hours ago and the phone still hasn't, you know, you can't have that negative spin on it, but yeah.

Jim Masterson ([01:41:10](#)):

It's yeah. I just, I just let go of it. I just had that feeling, you know what, but it's hard, but to get there, it's hard for us to get there, you know, to let go of all that stuff. And so it's, it's still hard. I have to be really, you know, I have to, you get caught up, I get caught up. Like we're really busy now. And I get called caught up and all these things that I got to do and a whole list and I feel behind and pressured. And then if I can just take the time to, to let go of all that and then, and get clear on stuff that starts to happen then. And if you can look for it in smaller ways, sometimes it's easier. I, I dunno, I don't want to keep going on all day, but you know our local McDonald's here is the slowest McDonald's in the country.

Jim Masterson ([01:41:50](#)):

Like if there's three cars in line, you're going to be there for like 15 minutes. And so I cuss every time I drive by the place, I won't go there anymore because of my, and every time I do go there, I'm in line for 15 minutes. And this, this morning I kinda, you know, I don't meditate every day, but I did sit and I

meditate and I listen to some Eckhart Tolle and and I, and I only have to listen to him for like five minutes and I get clear on stuff. And then I, I swung by there this morning, got my, a bacon, egg, and cheese biscuit and my large latte in about two minutes. And that, so that's a little thing that just happened because I got Clara. I let go of all the negativity on something everything's not, not big, you know, but I, it was, I was chuckling to myself because I can't tell my wife, I went through and got the bacon, egg, and cheese biscuit. Cause we're, I'm kind of a, you know, diet. So I wanted to call her and say, Hey, guess what? I got through the line. And McDonald's heard it through the, you know, the drive through in one minute today. And that's because I S I got clear this morning on what I wanted, but I can't, I can't brag to her because I can't tell her that I got the bacon.

Warwick Schiller ([01:43:00](#)):

What you gotta do really right now is get really clear on not having your wife here. This podcast is what you've got to do. Yeah. She's too busy. Do not, do not do not,

Jim Masterson ([01:43:17](#)):

But no, she'll probably she's really been wanting me to do this podcast with you. So I should probably hear it. So I just have to get clear on, I'm not getting in trouble.

Warwick Schiller ([01:43:26](#)):

She'll be, she'll be terrible understanding. Okay. Last question for you, Jim, when you picked, what does it mean to you to be a leader and, or a follower?

Jim Masterson ([01:43:41](#)):

Well, I liked that question because because it has to do with horses, you know I'm not, I'm not a, a, a person and I'm not I'm not bossy. I don't like, you know, law rules and things. I like to let people, you know, figure things out and I like people to be happy. So it's hard for me to be, you know, confrontational or strict or tough, which is hard when you're dealing with a lot of people, you know? And now that we're, you know, we have this business teaching people, we have a lot of people. So but with horses, you know, sometimes we think we got to, we have to show them, who's the boss, you know, you hear, well, I don't hear that so much anymore, but I used to hear, like, you got to show him, who's the boss and you don't have to show him, who's the boss. You just have to be the one that's confident because when they're pushy or when they're bossing you around, it's not because they're being bossy. It's because they're insecure.

Warwick Schiller ([01:44:40](#)):

Jean gets it. Okay.

Jim Masterson ([01:44:42](#)):

Yeah. They, they want, and if you're the leader, you're not showing them, who's the boss. You're showing them, who's confident. And you're showing them the, the confident one and you're safe. You're safe doing this. And you're confident doing this. And, you know, I've, I've never been kicked well, since I was a kid I've never been seriously kicked in all the work I do down underneath the horse, with the legs and everything. And it's because I'm confident with the horse and I, and I, I'm just confident and, and they really respond to that. And so when you're, you know, that's how you should be a leader. And I think it's easier with horses than with people. Cause people can complicate things, but you know, it's not



about showing somebody who's the boss and being bossy. It's about just being confident. And then people want to follow you, you know?

Jim Masterson ([01:45:28](#)):

And for me, that's what being a leader is about. Now I'm learning some lessons having to, you know, having people work for me on how you have to be clear, not so much be bossy is be clear on what it is that you want to happen. And then they're on board with it when you're clear with clear about it. But it's interesting. Cause it's harder with people than with horses. We think too much people think too much. And, and you ask like, what's a favorite saying or quote, but my favorite thing is thinking's way over overrated, you know? You don't have to, you know, you don't have to, you just have to kind of show what, the way you want to do it or, or be a good example and people will want to follow you then. And horses definitely will want to follow you or go along with what you want. If you're not showing them who's the boss, they might do it out of fear of the, the alternate, the con you know, the, the whatever, but they won't do it because they are feeling safe following you doing it.

Warwick Schiller ([01:46:33](#)):

Yeah. There's yeah, there's, there's a couple of ways of going about that. Isn't it? And they're there they're different outcomes. They might look somewhat the same on the outside, but the outcome on the inside is a lot different

Jim Masterson ([01:46:44](#)):

Yeah. On the inside. Very, very cool. So I, I told you, I told you that when we started talking that you, we wouldn't have a need to worry about anything to talk about. Cause once I get going, but the problem is stopping me. So

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

Yeah. You and me both. Does your wife give you grief about that? My mind does definitely does. Well, Jim, it's been such a fun conversation with you. If people want to know more about Jim and the masters and method, when's the best place to to look that up

Jim Masterson ([01:47:23](#)):

Well on our website Masterson method.com. And we have I can do the commercial. We have beyond horse massage book and DVD light to the core as a DVD for people that really like the light work. But we have a lot of YouTube videos on YouTube, on our YouTube channel that I like to, to share this. So the way I've always looked at it is I, you know, I put stuff out there for people that, to just learn how to do on YouTube or I'll show them at demos, you know, at the expos and they can go try it. And if they like it and it's something they want to learn more, then they can come to the next level like, so they can go on YouTube. People don't have to buy the book and DV, they can go on, on our YouTube video.

Jim Masterson ([01:48:05](#)):

And on our website, we have three free training videos that we have on YouTube and go high learns to do some things. And if you get good results and you like it, then you can do the next thing, which might be buy a book or a DVD or take a weekend seminar. And then we have the advanced courses, but it's always just, you know, take one step at a time and see, you know, some, it might resonate with some

people that might not resonate with other people, but the short answer to that is Masterson method.com. Okay.

Warwick Schiller ([01:48:32](#)):

Yeah. I, you know, I would recommend anybody take a look at that and at least try the bladder Meridian because you will, you will definitely see not only see amazing results with your horses, but I think you'll find some, some changes in in YouTube. And I think that's, you know, this whole podcast is about it's, it's horsey based, but it's really about helping people find some deeper meanings in life.

Jim Masterson ([01:49:03](#)):

Yeah. It was refreshing to have the, it was fun to, to have this conversation and not just being about horses cause it's really about, you know, the people and their horses, you know, what we do, and then it's about the horses, but yeah. And then, and, and your, your, this has been a nice interview, cause you're not just talking about horses, you know, we're able to talk about people and awareness and you know, things that are probably helpful in life other than making your horse do it.

Warwick Schiller ([01:49:32](#)):

I think there's plenty of places. People can find that these days. Yeah. Awesome. Well, Jim, thank you so much. It's been a pleasure and a great honor to have you on the podcast. Thanks for joining me

Jim Masterson ([01:49:42](#)):

My honor. Yeah, you're welcome. I'm glad. Yeah. And w I, I'm looking forward to him. We can like get out there and come across the plus houses again,

Warwick Schiller ([01:49:52](#)):

Getting back to some horse expos too. So thanks again, everybody at home. Thank you so much for joining us on this episode of the journey on podcast, and we will hopefully see you on the next.

Speaker 1 ([01:50:04](#)):

Thanks for listening to the journey on podcast with Warwick Schiller. Warwick has over 650 full length training videos on his online video library at [videos dot dot warwickschiller.com](#). Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.