

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

Magic lies with the trails. 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 a few years ago, I met a lady named Carrie Lake, and I have mentioned her a few times on the podcast before, and I described her as an animal communicator, but she doesn't necessarily do the animal communication anymore. She teaches people how to communicate with animals. That's that's the best way I could describe what Kerri does. And it's my great pleasure today to have Carrie on the podcast, but we've already recorded it. And afterwards I said, Hey, did I didn't really, we didn't really say exactly what you do. Send me something on what you do. So what I've been saying, it says Kerry Lake offers guidance and teaching from personal experience and pure consciousness. She teaches rule tools to be kind with your mind and navigate life with an open heart. Her approach invites, healing and physical, mental, emotional, and spiritual realm was with profound simplicity. The work she shares is rooted in guiding others to recognize their own way, innate way of listening and learning, being in, communicating in all realms of consciousness in order to navigate life as it is that guidance is always from the heart for the heart. So that gives a little bit of an idea of how this conversation is going to go. But yeah, let's go down the rabbit hole with Carrie Lake

Warwick Schiller ([00:02:01](#)):

Kerri Lake, welcome to the journey on podcast.

Kerri Lake ([00:02:06](#)):

Thanks so much work. It's so awesome to get to chat with you and play. And I can't wait to see where our conversation goes.

Warwick Schiller ([00:02:12](#)):

Oh yeah. I'm very excited about that too. So, you know, before we get, before I start asking a lot of crazy questions, why don't you give us a a broad understanding of what it is you do?

Kerri Lake ([00:02:29](#)):

Very good. I will do my best. What I do is help show people more of what they already know about themselves in a way that they feel safe going into more of who they truly are. It's, there's a million different ways to talk about it, right? So what I do more than anything is listen, but I listen in a way that people can hear themselves because it's not anybody's job, or it really doesn't help for us to try to tell somebody who they are, what they should do, what they shouldn't do. But we can listen to each other in a way that lets people discover themselves, discover their intuition, their innate abilities, their, their ability to communicate and and actually really show up with an open heart. So, so effectively everything that I do and everything that I've done in my life is about helping people live with an open heart and and share that judgment world.

Warwick Schiller ([00:03:42](#)):

Okay. That's pretty obtrusive. Perfect. What if, if you had a, if you had to said if you had asked me what I thought you did and I, and I think this is an offshoot of that, but I, you know, I mean, when I've talked about you on the podcast before actually, and I said, yeah, there's this lovely lady named Carrie Lake. And she's an animal communicator who teaches people how to do it themselves.

Kerri Lake ([00:04:07](#)):

That's beautiful. Thank you for that, by the way. That's, it's amazing and generous. Thank you.

Warwick Schiller ([00:04:14](#)):

So would you, would you agree with that statement and then, and what you said before is just how you go about that.

Kerri Lake ([00:04:21](#)):

So, yeah, I'm happy to say a lot about that. I used to build them up as an animal communicator, but what I discovered in offering that service to people was I, I couldn't separate communicating with the animals, from communicating with the humans. The animals were always including their humans. And I kept my own heart, kept being drawn to teaching people, to showing them their ability to do exactly what I was doing. So being an animal communicator for me is just natural. I was born aware of my awareness and communicating with the animals was it was like breathing. There was no barrier to it. I just assumed everybody knew how to do that. And you just don't talk about it like money, you know, like everybody needs it, but nobody talks about it. And at least that's how it was in my family.

Kerri Lake ([00:05:24](#)):

And and so I didn't talk about how to do it for a long time. Cause I assumed everybody knows, knew, and they just weren't interested. So fast forward a few decades into adulthood when I learned that there's this thing people know about called animal communication. And there's a woman named Penelope Smith who was like the grandmother of animal communication who brought it forward as a profession as, as a study, as a thing. So I went and spent some time with her spent about 18 months working really closely with her understanding how, how she linearized something that's profoundly non-linear, you know, communicating with animals is only linear because humans take the information and put it in a format that we can understand for ourselves and for each other. But communicating with animals just directly is all about senses and feelings. It's, it's all about your awareness and, and how it feels to move in one direction or another, how it feels to take this action or that action.

Kerri Lake ([00:06:38](#)):

It's not about correctness. So learning with Penelope about, you know, animal communication as a study, it was wonderful for me to give me vocabulary, to let me know other people really do pay attention. Other people do use this ability, but the greatest thing that I learned in my time with her was no matter how much structure I can get from somebody system or modality, how much there is to learn from that the real gold and the real value is in trusting myself, trusting my own senses, trusting what feels true to me, even if it doesn't sound the same as other people. So in my journey of helping others and offering sessions for others, yes, animal communication is definitely a part of what I do, but it's only one Laver in the mix of the information that's available. Right? So yes, yes. Animal communication is a part of it, absolutely showing other people how they, not only how they can do it, but how they're already doing it. Everybody is communicating with animals in their own way. It's just not, everybody's hugely aware of it all the time, you know? And so showing people what, how to see what they're already

doing without being hard on themselves, you know, and then helping them see where their own natural capacity would take them from there where, how they can use their natural capacity for whatever their interest is, what other doors can we open in their life for them that this ability can support that's animal communication and beyond. Does that make a little bit more sense?

Warwick Schiller ([00:08:46](#)):

Yeah, very much so. Yeah, it, it kind of starts out as people maybe wanting to learn about animal communication, but it's, it's so much more than that. And you know, that's what I find with the horses is the horses. They're so cool because you know, we're all attracted to them. We want to be around them. We want to do things with them. And as you go further down that journey, you, you, you have to, you know, develop more of your intuition and you just have to change the way you look at things. You have to change how you view things. You have to change your judgements, you have to change all that stuff and you're doing it because of the horses, but then it starts to, you know, influence other parts of your life. And I'm, you know, these days I am really interested in helping people with their horses in such a way that it helps them do a bit of, you know, bit of inner work, a bit of growth, that sort of thing. And that, and that helps the rest of their life. But I mean, you know, no one comes to me and asking me about that. It's about the, it's about the, how do I get my horse to do this? And I just think that's, I think that's the wonderful gateway into it. And like for you, people go, Oh, I want to know how to communicate with my animals, but it's, it doesn't end up being that because in the learning to do that, other stuff comes up

Kerri Lake ([00:10:21](#)):

Always. Oh, and it starts for me, it started years ago, people would call and make an appointment to have a conversation with their cats. And just exactly what you're saying 10 minutes in 15 minutes in there say, Oh my God, this is amazing. Do you ever work with people? You know it, and it just, just exactly what you're saying, the techniques, the awareness, the clarity that comes with being open to listening to animals, to really truly hearing animals. It necessarily changes how we relate to ourselves. Animals are never judging. So to really connect with them, we actually get to have the experience of the absence of judgment, just to meet them where they are. You know, if we're judging, then we're projecting something onto them. That really is more of an opinion about ourselves. And you know what it says about me, if my horse doesn't perform what it says about me, if my cats are chronically sick, what, you know, am I a good person?

Kerri Lake ([00:11:32](#)):

Do they love me? Right. There's nothing wrong with that. It's just, it's a very common human thing. I've had to go through it myself to be able to even see it and talk about it. You know, like to help other people not be so hard on themselves. It takes a little experience being hard on yourself for awhile. So you know how to walk a human out that stuff. Right? But the moment a person is willing to even leave literally 10 seconds of space, open to experience themselves without judgment. It changes everything that, that space that has no opinion that I should be different than I am. When I let myself go there, then I'm letting myself go. Basically the same place the animals live, the animals are never sitting here saying, you know, Oh my God, why did you wear that shirt to training today? You know, or like, Oh, that hat, that's the wrong hat work, you know, they're they just say, well, there you are. What are we doing today? And here's how it feels to be me. There's no judgment there. So inviting humans into that space is it truly can be truly life changing in 10 seconds simply because you reorganize, reorient your relationship with yourself.

Warwick Schiller ([00:12:59](#)):

Wow. While you were talking to I heard Mark Rashad on the podcast recently and right at the start of that, you said something about you know, projecting stuff on animals, you know, not, not being really present and projecting stuff onto them. And then you just get a reflection back at that. And Mark was telling me a a saying, and they actually just him and Jim Masterson just made a movie and they ended up being called this. I don't think Mark actually liked the fact that they called the movie that, but anyway, he said, you have to have, and that comes from his martial arts for music, he's Quito training. He said, you need to have a mind like Stillwater. And he said, if you go and look at a pond early in the morning when there's no breeze and that pond is absolutely perfect. When you look into it, you see an exact reflection of what's on the other side of the pond. That's the exact thing that's on the other side of the pond. But if you start throwing pebbles in an, or actually puts your foot in and wiggle that around, and then you change what you see, even though that the reflection is not a true reflection of the thing on the other side of the pond, it's got a part of you in it too. It's it's not, it's not, it's not a true reflection, you know?

Kerri Lake ([00:14:13](#)):

Yeah. Well, it, it is, but it's, it's sort of fractured at that point, you know, like, because if you were able to adjust your perspective to see only one side of each ripple, then you might still get the illusion of, of a consistent message, but like how that's insane. Right. That's it's a lot of philosophizing at that point. What I love about that and I love Mark Rashad. He's actually one of the first horseman and writers when I read his book, considering the horse however many years ago, that was I read that book and was like laughing and crying at the same time. Cause like, like thank you, thank you for bringing it in story form. So it can be felt, you know, it being the connection, the awareness, how to make choices, how to learn. Like he, he, to me, he's, he's helping people see how to learn when he's telling stories and that's priceless.

Kerri Lake ([00:15:14](#)):

But what I love about this, the analogy of the still water yes. To that. But my question around that always comes back to okay, but what does that feel like? Right. I can have an image of Stillwater and I can use my eyes and see it. And then I can use my rationale, my rationale, my, my reasoning to say, okay, Stillwater, that's good. It's a great reflection. But the truth is, is while I'm looking, there's a lot going on in my body, there's a presence. There's a sense of what still water feels like. So, Hmm. What does that feel like? Is real communication always comes with feel. We've just largely been conditioned out of it.

Warwick Schiller ([00:16:11](#)):

You know what? This just keeps coming up so much for me, not just lately in the last few years, you know, I really get into a book a couple of years ago called calling us home by a fellow named Chris chow. Have you ever read that? And that he, he talks about, he spent some time with a a native American Sharman here in the U S and he gives you these exercises to do. And and I'm sure you've got some exercise you can share with us, but he says, you know, he wants you to go out and sit in nature for about 20 minutes and just observe what you see. And that's one of the exercises. And then another one of the exercises go out in, sit in nature, close your eyes, and just listen to what you can hear. But then another one of the exercises you go out and sit in nature and feel, see if you can feel viscerally like in your body, in your, see if you can feel anything.

Warwick Schiller ([00:17:11](#)):

And he said, this one takes a bit of time. And, and eventually he wants you to be able to go out and sit in nature and listen and see, but he wants you to see about 20% of what's coming in and you want to, well, what's coming in about 20% of it's what you see in 20 minutes. What's your he and 60% of it is what you feel. So there's, there's, you know, there's that. And then recently I was listening to a book called the seat of the soul by Gary Zukav. I think he was named, and he talks about, you know, five dimensional people. So, you know site here seeing, hearing, feeling, tasting and smelling, and we think that's all there is to it. And he talks about the difference between five dimensional people and multidimensional people. And he said, one's not an, I love is the explanation of it.

Warwick Schiller ([00:18:06](#)):

He said, one's not better than the other one is just more appropriate at the time for, for where you are. And yeah, that's a fascinating book. And then I'm reading another book recently just now, actually that someone sent me called radical wholeness. And there's a, it's, it's all about feeling. And you just said that we've been conditioned out of it, you know? And, and it's, and I think it's, I had a, I had a Bo a guest on the podcast here a while ago, and I'm Rupert Isaacson and he's the guy that wrote the book, the horse boy. But he talked a lot about the bushmen of the Kalahari. And I've read quite a bit about you know, first nations, people like that. And, you know, the trackers, the track is, could see a set of tracks, but none of it could they tell you how tall the animal was, but you can get that. You can get that by the distance apart and how big it was by the size of the footprint, because they could tell you what color it was and what it ate last and things like that. And it's, it's that multi that's that multi, sensory, human being like that they feel. And it's a still weird for us. Like people like me that, you know, never really had any exposure to that growing up sort of thing, but they feel something coming off the footprint there's more than just the physical footprint left behind.

Kerri Lake ([00:19:37](#)):

Absolutely. And I have to say this just cause it, it, it tickles me like growing up. And then when I was a little older encountering people who are masterful at what they do, who are, you know, masterful with the animals and like even hearing you share your journey and what you just shared it, I, I continue to feel so surprised that that's a mystery to you because again, to be able to work with horses the way that you do and feel the horses, the way that you do and even teach, you know, your ability to hear somebody else or watch another practitioner and, and narrate what they're doing, that's that ability that you have, you're tapping in to your own multi-sensory capacity, but it's just within that particular context. And the way life looks to me is I watch all these, I watch people's abilities and I watch it's like energy shimmering through my my felt experience.

Kerri Lake ([00:20:49](#)):

And I can feel you using your talents while you teach. I can feel other people using this innate, intuitive, multi, sensory ability when they are picking up a lead rope and feeling the state of their horses being right. It's there in everybody. And so for me, it was always such a mystery that, that, that, that people are not aware of their own capacity. So with the trackers, not only, you know, do they have, they're so connected to nature, they're inextricable from nature simply because of where they live, simply because of their, their, their culture their ancestry, it's all, it's all part of their context, right? And within their context, their consciousness, their awareness is tuned in to listen in this way, because this is the pertinent information in their life. This the multisensory, the being able to see and feel the presence of an animal that isn't physically present.

Kerri Lake ([00:22:20](#)):

That's all just information in the air in that we can feel when my own awareness is, is organized to pick up that information. So just like, you know, if there's Jasmine and Rose and honeysuckle, because it's springtime and I can smell, I'll be able to smell Jasmine and Rose and honeysuckle. Those are three different smells, distinctly different, but they're all smells. But if I have a context that, that there are different flowers around, I'll likely be able to distinguish between those three smells. So when you start to organize your awareness for intuitive information, for a sense, and a feel beyond what we were taught in public school, right beyond what Western culture teaches, you can start to just make yourself available to this different information. And then you learn how to recognize it. When it shows up, you learn how to go. Aha. That's something new. I can feel that. So I'm not gonna make it right or wrong. I'm just gonna acknowledge that. I feel it and see what else happens to see what else comes and the exercise you spoke about, you know, see everything you're going to see here, everything you're going to hear, feel, everything you're going to feel is a really great one to get started.

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

I remember when I first met you and you, you I think you said to me, I'm not teaching anybody, anything new. I'm just helping them remember. And I, and it's yeah, I just, I just love that. You know, it's not, it's not something we, it's not something we don't have. Right. It's something we all have, but we, you know, lost summer. W w I don't know if we lost it along the way, but

Kerri Lake ([00:24:36](#)):

I think we had just lost the relationship with it, you know, like, because Kendra, when you're in kindergarten, you start getting conditioned for what information is important, you know, get the right answer, sit, still do what you're told for many of us. So, you know, some other people had different early education experiences, but when, when you start learning and nobody's acknowledging your subtle awareness, then it gets sort of shoved on a back shelf. And yeah, you can totally forget that it's there. You can totally forget, except there's, you know, for a lot of people, there's always something that's just tap, tap, tap, tap, tap, tap, and call it your gut instinct, call it your intuition, call it anxiety. So many people, this is there's multisensory information coming through, but the mind and the subconscious don't know how to, they haven't been given a context within which to address it.

Kerri Lake ([00:25:42](#)):

And so it just bubbles up as anxiety, you know, and then they go and want to be with horses because they know that horses help them feel that familiarity, that sense of home, you know, and boom, there's the connection. So that, that was always, my question is how can, how can I help people see what it is they're actually looking for and, and recognize that it's actually happening in their body and the moment that they turn their, the horses will be like, Oh, thank you so much. You know? And that that's when the horses relax and they give you more than, you know, how to ask for,

Warwick Schiller ([00:26:22](#)):

You know, you helped me with something like that a number of years ago. So I had staff, I I'd come to the realization that I had suppressed a lot of emotions and both probably voluntarily and culturally being taught too, that I I'd started going and I've talked about this in the podcast, but not exactly this bit, but I started going to a therapist doing something called dialectical behavior therapy. And after about three months, maybe it was longer than, but I started having what felt to me like anxiety and yeah. And it had been there for a couple of weeks and I know it's and I said something to the therapist about it, and she

didn't really have a good answer for it. And I was talking to you at the Western States horse expo in Sacramento. It was, and we're standing there talking and I was telling it, yeah, I've got this, I've got I've got this, this anxious feeling, which is the best way I could describe it in my chest.

Warwick Schiller ([00:27:34](#)):

And you looked at me and you said, I don't think it's anxiety. It's just feeling. And, and because, because I'd never had anything going on in that area of my body ever, I assume that this thing is anxiety. I don't know. No. But you, you just said, it's just, it's just feeling you're feeling it. It's not. Cause I said, cause that's the thing is that I don't feel anxious. Like, well, when I say I don't feel something that means I don't think it I'm not experienced, I'm not experiencing it as such. So if I say, I don't feel anxious, that means I'm not experiencing whatever this thing is as anxiety. Most of that's in my head, but I assumed because I got this thing going on in here that, Oh, it's anxiety. And you helped me up more than the therapist did.

Warwick Schiller ([00:28:33](#)):

You said you didn't have anxiety. You just have, you're starting to feel, it's just your body coming alive. You know? And so it was it was like, it was like, wow, that's, that's amazing. You know, what else happened with that? That so I was starting to the, the, the shell was starting to crack just a little bit. It was the very, very, very beginning of the whole thing, but there was a guy and I don't know if you went to his booth or not, but there was a guy I had a booth there selling something or other very blah sort of a name, you know? And he went, I was drawn to this booth for whatever reason there's that, that intuition stuff was drawn. It's very, it wasn't very fancy looking at it and the name of it, whatever he was selling, wasn't that attractive and name.

Warwick Schiller ([00:29:23](#)):

And I went to him and I said, so what's, what is this thing you sell on any, it was selling this little box now, you know, like a big TV, remote control, sort of a thing. And he starts explaining to me about it and it's all very energetic and, and you know, that sort of thing and said, hang on, just hang on to this thing. And he gave it, he gave me this box to hang on to, and it's got some sort of, it does some sort of vibrating at a certain, at a certain range of something rather, but I'm holding onto this thing while he's talking to me and I, after about two or three minutes, maybe five minutes, I look at him, I go, I got to sit down. I'm feeling overwhelmed. Like I had this. Yeah. I was feeling overwhelmed, just hanging onto this.

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

And I wasn't even thinking about, Oh, this box is going to do something. And it wasn't what he was saying. It was like this overwhelming feeling, feeling was interrupting. Like I couldn't listen to the guy anymore. I said, I can't stand up and listen to you right now. And it wasn't what he was saying. He was just explaining some scientific stuff, but I had to sit down and then I think maybe had, he had told me to hold this box to your body. And I said, I've got to sit down. And then I said, I'm still feeling. He says, well, we'll just move it away from your body. But I took, I bought one of those things and came home and slept with it.

Kerri Lake ([00:30:47](#)):

You can put it on for

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

10 minutes, half an hour, or you can put it on a constant. Now, Robin, we're just having it in the bed, in between the centers. Yeah, it was, that was part of my aunt cracking. But, but yeah, it was exactly that was at that exact same host expert. So it was pretty,

Kerri Lake ([00:31:03](#)):

Wow. That's, that's really cool. Thanks for sharing that. It's it is amazing. So again, my, my language for that is that you that's a non-linear experience. That's out of your mind, right? Your mind could, didn't have a context for what was happening. And so it gets overwhelmed and it doesn't know what to do next. Right? And, and you, your body starts giving you information, but you know, if you haven't been oriented, if your mind hasn't been oriented towards sensory information throughout your life, then you you're, you might feel scared. You might feel out of control, or if your game, you just go for it and you go into the experience and take a nap when you need to take a nap. I mean, naps are golden, really. Like anytime you start feelings, more opening yourself up to more, even if it is just communicating with the, with the animals, learning how to reorganize your own awareness, naps are golden because it gets your mind offline and your body can reorganize. You can let the frequencies move through, can let the consciousness that the feel of it just move through and rearrange. So you can walk forward with a more open sense of being more open heart.

Warwick Schiller ([00:32:27](#)):

Do you think, do you think it's kind of like, you know, going into like the theta brainwave pattern that, that, that happens?

Kerri Lake ([00:32:40](#)):

Definitely theta brainwave patterns, reorganize things. Yeah. when you go into feta, it is, that is the space of no judgment. It's another, another word for it is a very creation and space of creation, very creative. So when you, by whatever means, take your, your mind to the theta brainwave state, you can actually feel the effect of that through the rest of your body. It's an entire body experience. Have you had that experience before? Do you know what I'm talking about?

Warwick Schiller ([00:33:16](#)):

Yeah, I think so.

Kerri Lake ([00:33:18](#)):

Yeah. So what was it like for you? Like what, how would you describe the experience when you moved into a theta state?

Warwick Schiller ([00:33:30](#)):

Well, the other reason I know I've been a third state is Capitol years ago, Robin, on Valentine's day, actually, she said, well, I'm not on Valentine's day, the day before she said, okay, we're going away for the day tomorrow. We're going to leave about six in the morning. We went back about six at night planned for that. And I said, well, do I dress for the beach or do I dress them out? And she said, Oh, just, just dress for in town. And so we got in the car and we drove up to San Jose airport and got on a plane and flew down to LA and then got an Uber. And we get dropped off in front of Dave Asprey's, Bulletproof labs and who Dave Asprey is. And so he's got it's almost like a gym, but it's all this, this mind and body hacking stuff. And so we go in there and spend the day in there, but the first thing they did

was had me go in a room and they put me on a electroencephalogram and had me meditate for half an hour. And, you know, at this point in time, I've got no idea if my meditation practice works or not. You know what I mean? You don't, you don't know,

Kerri Lake ([00:34:36](#)):

You just sit down and you're doing what you're doing.

Warwick Schiller ([00:34:38](#)):

You're not doing it and stuff. And I'd been using, I've been using a muse, do you know what a muse? So I've been using a muse and, you know, because the muse is based on your brainwaves at the start. So you might not necessarily be in that, or you don't know. I mean, if you were really scattered at the beginning, when it does the initial scan and you're better than that, it says, yeah, you're, you're doing great, but you might be just pretty ordinary. Whereas if your mind is pretty clear at the start, and then you do better than that, you're in the zone. So I had no idea if my meditation practice worked, but anyway, they put me on this thing and when they come back in and they check it, they're like, Whoa, you're entitled for 25 out of the 30 minutes. Like, everybody's like, well, this dude, you know, so that's the reason I know that I have been in that state, but you know, I, I been getting a lot of weird stuff, not weird, but interesting somatic stuff meditating for quite a while now.

Warwick Schiller ([00:35:40](#)):

But it's almost like if I sit down in, like I used to sit in a chair and meditate, then I got to do it on the cushion. But if I would just sit in a chair and put my feet flat on the floor and turn my hands over. So the backs of my hands were on my thighs and my palms were facing up. I would just get these tingles from the waist down. But I had an interesting thing happened last year. Sometime it started to happen regularly was when I was meditating. I would feel like there were flames dancing on my hand. Don't miss that. It's almost like my hands felt like they were like a reverse Tesla coil, you know, Tesla Correlus box go into the outside. It felt like I had like test the coiled sparks coming off my hands. And it wasn't like I was in imagining that like I could feel it.

Warwick Schiller ([00:36:29](#)):

And it was, it was a cross between Tesla, coil, sparks and flames. And it was, and I could observe it. It was like, it was almost like a lucid dream to where, you know, in a lucid dream, you are aware you're dreaming and you can control your dream while I'd be meditating. And this sensation would come up and I could actually take my mind off of what I was doing to meditate and actually just observe, just, just feel this stuff on my hands and go, it feels interesting. And I, you know, cause when I first started with the muse, as you know, you have the little sounds, you know, like the one I've got it set to it's birds chirping that tear in the right spot. And you know, like I'm having a hard time trying to get him and get him. And then the first time you get birds, all these birds and then it goes away, you know what I mean? This, this Sparky flamey thing on my hands, I could actually sit there and consciously think about feeling it and observing like, Oh, that feels like, kind of like have a real conversation, like kind of feels like flames and they would stay there. They didn't, they didn't disappear. So I don't know if that's anything like, that's what you're talking about, but that's the ex that's my experience with supposedly being in theater or possibly being here?

Kerri Lake ([00:37:46](#)):

Well, it's fantastic. What I love is the awareness of it. Like it makes me want to ask then, okay. Now take that experience and sort of cross-reference it with the awareness of healing hands and people who do Reiki, you know, and people who offer Reiki and how even a parent, if their little one falls down and scratches their knee, what's the first thing a parent does is they bring their hands over the knee and they, you know, we'll just say, Oh, you know, give it a rub and it's going to be okay. And, and just the touch itself is soothing, right? You've got energy and sparks coming from your hands. Reiki is an energy that moves through the hands, even just a loving touch. Even when we touch our horses. I'll tell people all the time, put your heart in your hand and touch your horse because it changes your awareness of how you, how you are using your energy or at least, or even just brings awareness to your own presence.

Kerri Lake ([00:38:48](#)):

The experience that you're describing, I think is it's amazing. And what I want to say about that is, is just to celebrate the uniqueness of it for you, right? The way that that energy shows up in your awareness. And I'm not even going to say in your mind, cause it's beyond your mind. It was it's actually you experiencing it beyond your mind. The way that shows up for you is unique for you and somebody else may have, you know, be sitting right next to you have the same kind of readings on their muse. But when you ask them, they might say that they felt warmth and expansion through their upper body. They might say that they could feel their toes for the first time, right? The way that the somatic experience presents itself is unique to all of us. And that that's kind of the beauty is if that's, if that's how feta is presenting for you today, then celebrate that. Thank you so much. And now show me what's next because it's always going to evolve. It's always going to change, but the real value is having the courage, the willingness, the capacity to notice it while it's happening, because then you're, then you really interrelationship with your multisensory ability.

Warwick Schiller ([00:40:13](#)):

Yeah. Like I'm just you with you talking here, there's something about you doing it to me, but I'm getting all this you know, a lot of sensations in my chest and other abdomen area, just this listen to you. And, and from, you know, my whole life, anything like that came up, I shoved it down. And so it's become a bit of a practice to actually stop and acknowledge it and sit with it rather than kind of, you know, I tend to be in my head. And so my head says, I make that go away sort of thing. And I don't think it does. I don't think it goes away. You just kind of turn the volume off it. It's still there, you know?

Kerri Lake ([00:40:56](#)):

Or you just move that energy in a different way. Like you would, you use it to fuel your mind and your analytical part that would get very precise in, in your actions. And and it became part of why you you're so good at what you do, right? So that, like you're saying the energy doesn't ever go away, you either do try to control it and keep it stuck in one place or you control it so that it channels into a more comfortable, familiar direction. But what you're talking about when this stuff comes up and, and all of a sudden there's this expansion through my body and I don't know what to do with it. And when, when you have the courage, like you're just saying to say, all right, that's a sensation. And then you welcome it. You can watch your body relax as you welcome it and give it space like giving, giving space, giving these sensations spaces a very natural thing to do, but it's unfamiliar.

Kerri Lake ([00:42:03](#)):

It's uncommon because we've been taught to control, right? So this is why like when those kinds of sensations happen. And I'm sure you're doing this more and more, but take your awareness to where the, to where the sensations happening to your cells, your actual physical body and give it 10 seconds, 10 seconds of your life to do nothing about it, except say, hi, welcome it. Show me what's here for me and breathe, right? There's an art to do nothing about it. When we're talking about letting new awareness happen, letting your, your capacity, your intuitive capacity grow and expand, do nothing about it, watch it for 10 seconds and then say, wow, thank you for that because there's a very intelligent part of you bringing that forward, saying, this is, this is what you're asking yourself for at the moment. You know, like me, I'm, I'm not doing anything to you, but my presence is open in all of these ways. And there's a part of you, that's recognizing that part of yourself and saying, Oh yeah, we'll bring that forward now. And you know, I'm, I'm just blessed to be here with you while it's happening, you know?

Warwick Schiller ([00:43:20](#)):

Yeah. I've been lucky with this podcast. I've had some guests on here and all sorts of crazy stuff that like that happens. You know, let's, I want to, you know, the, the cool thing about having guests on the podcast that I, that I've met before and, you know, shared time with and shared stories where there's, you know, I know there's some really cool stories that you've shared with me, but, you know, I remember when we first met and I said, so w you know, this is about animal communication at the time we're talking about. And I said, so how, how, how long have you been able to do it? And you said, I've always been able to do it. That was my, it was my first language. And my first thought was in my first question to you was so, okay. So what happens when you start being able to talk and you start telling your parents about this, where, you know, you start telling adults about this, how does that go down? So you want to, you want to walk us through that, like, walk me through the first bit that the youth, you know, it was your first language. You could communicate with animals before you get actually before pre-verbal.

Kerri Lake ([00:44:32](#)):

Yeah. Yeah. Thank you. The memories, the very direct memories that I have are it was all feelings like my, my parents would maybe be fighting with each other and I would watch that behavior. And it always looked weird. Like I remember feeling like watching them [inaudible] and th and I remember thinking, wow, that looks that's weird. Why would they do that? Because then it also felt it felt messy. There was a messy feeling, nothing, nothing was okay inside. And like, you know, in my hand, I know people are not going to be watching the video. My hand is like sweeping all over the place, like stirring up water or stirring up a bunch of paint together is just really messy. That was the feeling. And, and it also felt like I was being forced to be smaller. It felt like my skin was getting smaller when that was happening, when those behaviors were happening.

Kerri Lake ([00:45:43](#)):

So what I would do is, you know, maybe two or three, and I would go walk past the house too. We had this like one acre backyard, and it was mostly grass. And at the back of the yard where these magnificent Apple trees they were my friends, but I would go past the house and lay face down in the grass. And it was grass and Clover. And I would lay, and I like lay with my face on, on the left side. And so I'm on the, on the ground, on the surface and the grasses in my line of vision and these beautiful Clover flowers, and there's these insects and the bees loved the Clover flowers. And so I would just lay there and listen to the music. It was music, and it was so soothing because everything made sense. Everything was talking to everything else.

Kerri Lake ([00:46:48](#)):

And you know, that because it was all responding. If this music changed, then it changed. It shifted this over here. And if the bees moved, then the wind changed over here and it made perfect sense. There was an absence of conflict. That was what was natural. And that it's a feeling through the whole body that you can call relaxation. I, the best words I have found is the absence of conflict. So then coming into age three and four and there's a couple instances I'll, I'll share with you. One was I was sitting, we had one of those old station wagons, you know, like the Brady bunch station wagon, that's like 12, like 1200 feet long. And it was green. It was actually green. It had the seat in the back and, you know, you can put up the seat in the back and watch out the back window and backwards.

Kerri Lake ([00:47:47](#)):

Yeah, totally. That was awesome. So that was parked next to the house. And I remember I was sitting on the hood and my mom is to my left and my brothers to my right. My brother's just a year and a half older than me. He's not much older. And they were talking and she was saying something about a barbecue that happened before and he was listening. And I remember telling her, Oh yeah, I remember that because I could see all the pictures. You know, she was describing things in it. It came as pictures in my mind, and I could feel being there. I could just put myself there and I could feel the air and I could feel the sunshine and I could feel the barbecue. And so I said, just to participate, you know, learning how to talk and be human. And I said, Oh yeah, I remember that.

Kerri Lake ([00:48:36](#)):

And the response I got was, no, you don't carry, you don't remember things that happened before you were born periods. End of chat period. And so that was confusing to me because here isn't remember the right word, you know, it's in my mind, I can feel it like I was there. And so it felt like, remember, so that was, that was confusing. My mom didn't understand how to receive what I was saying. She didn't have that, that multisensory awareness. So when I first started trying to say, to talk about what I was aware of, it, it wasn't received a little bit later Patty was our dog. He was like an Irish setter, black lab mix. And I would do energy work on him. Although I, you don't know his energy work when you're four, you know, you just go in and you start moving your hands.

Kerri Lake ([00:49:37](#)):

And I knew it was changing things. I could feel everything changing and Patty was loving it. So the, the communication with him was like constantly sharing. Here's how it feels to be me. And he would go, all right. Here's how it feels to be me. I want to, I feel like going over here, you want to come? Yeah. So I would go and I'd say, well, here's how it feels to be me. Mom's calling. I should go over here. Will you come with me? Yeah. And then he goes, and so it was a constant, it wasn't ever like this linear asking, you know, who are you? What are you thinking about? And all that stuff. It was always a sharing. Here's how it feels to be me. And then we can partner with each other from that. So then come the days when my parents, you know, had their ideas about how to train a dog, which included a lot of using word, no.

Kerri Lake ([00:50:32](#)):

And, you know and for whatever odd reason and like insulting him, like he doesn't understand them and just talking about I'm like, he's not even there. And, and, you know, I'm sharing from within like a four year old awareness here. But and so one day I said, I said, Hey, Patty, doesn't like it when you talk to him that way, you know, and it was obvious to me, I mean, even on his physical body language level, you can see an animal shrinking back when you're given the full force of super judgment, you know, super

domination and language and, and energy. And so I said, Hey, Patty, doesn't like it. When you talk to him that way. And my dad bless his heart, had no idea what to do with me. He, his response to me was Carrie is just a dog. Like the dog is not talking to you.

Kerri Lake ([00:51:35](#)):

And that was confusing because it was clear, the dog was talking to me and I was told to tell the truth, which I had. But then I was told that what I said was not true. So it really just sort of having nobody to talk to about it, or at least having, having my parents unreceptive to it kind of really needed me. I might be decision, I guess, in my four year old, emotional capacity to hide, you know, and, and just not tell anybody. And because my parents were not receptive. I started to feel ashamed that I had something that my parents didn't like, and I couldn't make it stop. And so I tried desperately to make it stop, even though at the same time, I wouldn't let it stop. I just tried to keep my part secret. And for the safety comfort of the rest of humanity, make the, make myself stop.

Kerri Lake ([00:52:47](#)):

It, of course didn't work. Yeah. Because it was always clear that Carrie's good with animals, you know? And and people would ask, why are you so good with animals? Why, how come, how come giraffes listened to you at the zoo and all, you know, all this stuff. And it w the, the, the, the fear and the, all of the words work I had put into suppressing myself at that point, it would be reverberate so strongly when somebody did want to acknowledge like, Carrie, I see you got something going on. All of the energy I put into trying to not be who I am, it would reverberate like, you know, like a glass about to shatter. And I still couldn't let it shatter. So I just spent a lot of time not speaking naturally like myself, I'm trying to be understandable trying to, you know, say things that people wouldn't think are up to because they don't get it until we get further into the conversation, or they can, they feel such essential sense of expansion that their mind doesn't know what to do with what they're hearing. Right. I tried for decades to just, you know, be something I'm not, and it all stemmed from being four years old, you know, and and feeling like my parents, like I should be ashamed of myself that my parents don't want to hear from me.

Warwick Schiller ([00:54:27](#)):

Yeah. I think that's not so much the exact situation, but the whole you know, kind of being ashamed of who you really are. And especially, I'm not enough, is a pretty common thing that, that, you know, most people don't talk about, but if you get into, you know, if you get into you know, the right settings to where people will talk about this sort of stuff, you find out that everybody else everybody's going through the same, going through the same thing. And so it's, it's

Kerri Lake ([00:55:09](#)):

I, I had a session in for myself just yesterday for, with somebody who has assisted me for a long time and who I've learned so much, the way I assist others has come very much for what it's taken to help me, you know? And it was part of our conversation just yesterday about feeling not enough. Like I still have that feeling moving through and simultaneously I can feel the truth that, that is unfounded, that the not enoughness has no foundation. Right. So like, there's these simultaneous truths happening. But it doesn't mean I don't feel it still from time to time. I just have a different relationship with it than, than in previous years when I would have reacted to it and identified with it and said, Oh my God, I'm not enough. Well, then I got hide again. I just don't have that same relationship anymore.

Warwick Schiller ([00:56:13](#)):

Right. Well, that's, that's gotta be a very free place to be.

Kerri Lake ([00:56:20](#)):

Yes, it is sometimes frighteningly. So like, if I, if I'm not being governed by everything, you know, all, all of the, that self hatred and all the self judgment, how do you navigate life? Who who's showing you how to navigate life without self judgment? You know, I, if you're not meditating in a cave in the mountains, you know, like how do you do that in, and among our society today? It's there, isn't a, there isn't a blueprint for it. Like we're creating it now by constantly choosing to come back to our heart and say, okay, how would my heart do this? If I don't have any answers? And there's nobody really to look to then how would my heart take it from here? You know?

Warwick Schiller ([00:57:13](#)):

Yeah. That's a question that I think about quite a bit is how, like I'm just on the beginning of this journey, but I can see where it's heading and it's kind of like, okay, without like going to a cave and, you know, without going to a monastery in Tibet or something rather, how do you, how do you get on this path and still operate with the parameters of the society we live in? And it's, it's yeah, it's certainly an interesting question. I mean, I haven't, I haven't had to struggle with it a lot yet cause I'm, you know, I'm only on the beginning of this journey, so, but, but the thought is there, I'd say what I have talked about. I've talked to, I talked about this recently on the podcast, but a couple of years ago, and it was probably after, I think it was after I was talking to you at the, that horse expo.

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

Cause that was probably three or four years ago now on bought a book called Equis lost. And my Robin's brother has a house in Kauai in Hawaii and we were going to get, and we can use it for free. So we were going to get, we'll go into Hawaii for a week. And I bought that book and I started reading it on the plane cause it's a five hour plane ride to Hawaii and halfway across the Pacific to Hawaii and halfway through the book, I stopped reading it. I put it down. I said, I can't finish this book,

Kerri Lake ([00:58:43](#)):

Got a lot moving.

Warwick Schiller ([00:58:46](#)):

Well, it was one of those things. Like if I keep reading this book, I might not ride horses ever again. If I, if I get to the end of this book and you know, it was kind of like, well, I can't make that big of a change all of a sudden, you know, so I still have it sitting around here and one of these days I'll get back to it. But, and, and I might be able to read it now without thinking, yeah, I have to throw it all the way sort of thing. I probably shouldn't read it again and, and, and see how I, it now. But at the time I was like, I can't keep reading this book. This is, you know, I was kind of getting hit with the truth of this book. And I was like, yeah, I, I can't finish it. So yeah. So just thinking things like that, that yeah. It's, it's, it's interesting. I just, I, I really appreciate talking to people like you who are much further down the path because you guys have navigated waters that I haven't navigated yet, you know? So it's

Kerri Lake ([00:59:54](#)):

Yeah. Well, thank you for the compliment. And I am just going to pass it right back to you because you keep the way that you keep walking forward and staying open and recognizing when it's time to open or

take a break. That's how you do it. You're doing it. It doesn't matter how far along a path any of us are, right. That isn't a competition. It's the willingness and the courage to be exactly where you are and adjust. Right. It's I mean, it's so parallel with working with horses, be with the human in front of you, be with the human you are, you know, and navigate with what's. What is happening sometimes as simple as am I going to move my hair scrunchy from the left side of my desk to my right. Cause maybe I'm overwhelmed and that's all I can do. Right?

Kerri Lake ([01:00:51](#)):

Like, are you willing to go at the pace that actually works for you? And you know, even people who, who have been playing on the journey for a really long time, or I get challenged all the time with stuff that my only response, the only thing I know how to do is slow way down. Like not necessarily to quiet my mind, but to slow down enough to hear my mind. And if it's screaming, cause it doesn't have control of anything. I want to slow down enough so I can sit and listen like a good friend and just go, okay, we're having a hard time right now. And going into compassion might be the greatest, most enlightened thing anybody can do when it's hard is just simply slow down to compassion and let the storm blow by, right. Not control it, not condemn it. Right. And it's a survival tactic when our mind starts to say, Oh, I should be better than this.

Kerri Lake ([01:01:59](#)):

I should be over this by now. Or why is this happening to me or whatever the admonishment is. It's just a survival tactic that has worked before at some point to get us past that hump. So we feel like we can go forward and that, so why would I condemn that? Right? Like that's part of the storm. I just want to slow down and just say, all right, this is actually what's happening right now. I'm having a hard time, you know? And again, it's where horses help us because that's what we would do for them. You know?

Warwick Schiller ([01:02:35](#)):

Right. The, yeah, the, the, the life lessons you learned from horses are pretty good ones to be able to navigate this journey too. I've got a friend of mine from New Zealand and Jane pike. And she's in a question mindset coach, but she, she gave me a big old dose of truth here on the podcast and said something very similar to what you said right then. But we were talking about the fact that I've had a shutdown response, a freeze response all my life, you know, and, and being male, you tend to judge yourself rather harshly if you don't have a fight response. Cause that's what you're supposed to be able to do sort of thing. And, and so I've always, and I I'm, I'm committed, I'm committed. I've come to terms with all that though. I'm good with that. But yeah, during that podcast, I said that I've always kind of judged the fact that I had afraid of response in the past.

Warwick Schiller ([01:03:27](#)):

Not so much now I'm good with it now, but in the past, I'm judging it in the past and judging it negatively. And she says, but you don't, what you don't realize is at the time it was your best friend. Totally. It wasn't, it wasn't out to get you, it was on your side and I've always, you know, I've always judged it like something that was in the way at the time, not something that was helping me. And you can just kind of said the same thing there, that to realize that those things are there for a very, very, very, very good reason at the time. And you just have to be able to come to grips with that. And I, and I, and I really think that, you know, that you mentioned self judgment here in Indigo or self-hatred, I think you might've said self-hatred and judgment. You know, I think that for me and I, you know, I can't speak for everybody else's journey, but coming to grips with those things and, and yeah, that's, that's like,

that's just amazing. And I think a lot of people, you know based on what I was like, you know, I was 50 something years old before any of this started occurring to me. But yeah, those things like getting rid of the judgment and, and getting rid of the negative self-talk that you don't even know is there that's that's that's yeah.

Kerri Lake ([01:05:00](#)):

See. Yeah. So beautiful work. Like what you just said. So many people don't even know it's there until they're overwhelmed and then their survival kicks in and then it gets pushed away. Again, a lot of, I hear myself saying to a lot that, that the most courageous thing you can do is become aware of these things. It's like, don't worry about fixing it. Don't worry about changing. It just become aware of it once you're aware of it, that you are actually experiencing freedom from it. And now it's just a matter of navigating life differently, right? So self hatred becoming aware of self self hatred is a massively courageous act to stop and go slow enough to realize how hard I've been on myself or how my entire world maybe has been organized to prove that I'm worthy of something other than hatred, because inside is only hatred. That's a really scary thing to become aware of.

Kerri Lake ([01:06:08](#)):

That's the real courage. That's, that's the quote, unquote, the hard work is becoming aware of stuff. Then from there, if you like there's compassion and being, having the SIG, even the suggestion, the willingness, and even taking the step to bring compassion to that self hatred, even if it's as simple as just saying, all right, you're having a hard time right now. I can see that, right. It brings another feeling right next door to all of that familiar conflict. And this is why I love talking about things as sensations and feelings, right, as movement, rather than identify them, categorize them, understand them, correlate them, all of that. It will always be there like, and, and again, gratitude to everybody in the psychology field, in the somatic field. And, and everybody that's putting all this together to help us understand all the different facets of us, but there's a simplicity to simply recognizing, okay, I'm feeling something moving through my body and feeling this constriction, moving through my body. Okay. I'm just going to let it be there.

Kerri Lake ([01:07:39](#)):

It is the gentlest way. I have found that to actually open up and heal from all of the self recriminations, you know, before, before requiring myself to be able to speak about it or to, you know, fix anything. It's about my relationship with myself. Can I just acknowledge, this is what I'm feeling. This is what's going on. Okay. I'm going to just simply not ignore it. I'm going to not push this one away, even 10 seconds at a time. Right. And that, I learned that from horses too when I was 12. So around age 11, I think my, we, my family had moved from the Midwest out to San Jose, California. And it was really hard for my parents. They didn't have a community and it, it just was really hard for them. On top of that, my mom got cancer. And so our family, emotional life was, you know, it ranged from confusing to deadly, like emotionally, deadly, not, you're not allowed to have emotions.

Kerri Lake ([01:08:53](#)):

You know, it's not, you're not allowed to feel anything, which was the opposite of how I would my life. Right. And so I just went, I wasn't around horses regularly at the time. So I turned to national geographic and I would tune into the animals that I could feel from around the world. And I would tune into the horses that I did know and call on them and say, how do you guys do this? You know, my, my parents

were being mean to each other, to themselves, to us. And they didn't realize it. I don't think they realize it. I think that in their world, they were doing their best, you know,

Warwick Schiller ([01:09:28](#)):

I think everybody is doing their best pretty much at all times, because cause when you know, better, you do better. But yeah, yeah, yeah, yeah. So

Kerri Lake ([01:09:45](#)):

Everything was so confusing. The only, the only guidance I had for navigating was reconnecting with the horses and how my body felt when I was with horses, absence of conflict. So I would bring that feeling forward into my body to remind myself who I am even while the outside world was chaos. And I would ask, I would just tune in to the ability to communicate, you know, and ask the horses, how, how do you do it? How do you keep giving to people when they hit you? How do you keep giving to people when they hurt you? And you just keep giving, like what is, what is up with that? W why, you know, show me, cause I wanted to be a human with humans, the way horses are with humans. So the only way that I could be shown was by how it feels, there were no words that was no English language.

Kerri Lake ([01:10:50](#)):

There was simply going, using my imagination, tuning into my body feeling, what is it, how does this thought change the way my body feels? How does that emotion change? The way my body feels? And I, I learned to start mapping not only the effect of the outside coming toward me, but also mapping how to use my, to change my state of being from the inside out. And that became communication. That became the way I communicate with animals, but it was survival that developed out of a sense of straight up, how to get through every single day. And you know, it's just, it's fascinating what it takes to get our gifts to come online. You know?

Kerri Lake ([01:11:41](#)):

So my question is, what are the horses say, make me cry. The first to put the first guidance, like into a word, it was just watch, watch, watch. And it was a feeling, you know, like you're standing next to a horse and they look and you look not because there's something to look at, but because we're looking at something right. Watch, right. That's connection, that that's communion. So that was the first guidance watch. And notice that feeling that comes with watch that communion. It's a feeling like you're not alone, you're not alone watch. So you're not alone.

Kerri Lake ([01:12:45](#)):

Was one of the very first things that was just consistent. And it, again, it comes as a feeling comes as, as a knowing, as a presence of you're not alone. Let's see. Then when I turn it into words here for you, for us and for our talk, it's the tone. That is more important than the words, you know, cause I could say red triangle, red, red triangle, red triangle, but it's the tone, you know, red, red triangle. Right. And so you're not alone. It brings, it would bring my mind online to match the feeling you're not alone. So that was the first message from the horse is you're not alone. And so then I would start watching it, that would give me some relief and I would watch my parents differently from this place of you're not alone. And then things would get confusing again. And I would scream from the inside, like help. This is scary. What do I do? Tell me the truth. I started demanding, what is the truth here? Because adults would say one thing, just like, you know, people with our horses. I know you've been through this conversation a million times. You know, the body says one thing, the voice says another thing, the words say their thing, that

the energy says something totally different and the person will just say, I'm fine. I don't know what the problem is. You know?

Kerri Lake ([01:14:20](#)):

So because I had had myself tuned to listen the way horses do it was, you know, very much feelings, all of that. And so I would just go to that feeling of you're not alone. And I, I would ask what's true. What is the truth? And the next feeling that would come is a feeling I would call simplicity when things just feel simple. Right. And this is something I wanted to ask you about actually back from the days when you were training horses and and competing and very, very good at what you did. I wonder, I was just wondering if you relate to that time, even though, you know, you'll talk about how you weren't connected with emotions and, and all of that. But I wondered if, how simplicity, how you relate to a sense of simplicity when you were working in that session, was there a sense of simplicity and working that way for you?

Warwick Schiller ([01:15:38](#)):

I think I had a S I'm not sure if I'm given the same connotation to simplicity, but to me it was all pretty simple because it was all very quantifiable and all very, you know, or very in my head. But I, there, there was an answer for every question. I mean, you know, there wasn't, there wasn't a now where the answers to those questions came from. I don't know, but

Kerri Lake ([01:16:03](#)):

Yeah.

Warwick Schiller ([01:16:06](#)):

Yeah. I think, yeah, that, that would be what I would say. If, if there was any simplicity there, it was a simple that, like, there's a, you know, there's a you know, there's an action, a reaction or there's something happens and there's something to do. You know? It, yeah, it was, I'm not babbling here, but yeah. But yeah, for me, that's how it would be simple. It wasn't like, Oh, this is, this is hard. It's like, that'll make sense. You know?

Kerri Lake ([01:16:40](#)):

Exactly, exactly. So I was thinking about that the other day, because that's how it seemed to me to, you know, when you're, I think the words you just said are awesome, that there's an answer for every question. So you don't have a lot of conflict. You just open up to the answer

Warwick Schiller ([01:16:59](#)):

And now these days, every question gets begets more questions. You know, I used to be able to, you know, I used to, I used to annoy me that people that were like really followed, like say Tom or bill Dorrance, you know, and someone would ask him a question and their answer would be, well, that depends. Just give an answer, I guess, an answer. And I used to be able to, if you asked me a horse question, I could give you an answer nowadays. I almost want to, you know, someone asked me a question, what do I do with my horse when he does this? My first question is almost, was, wants to be a, so what was your relationship like with your father?

Warwick Schiller ([01:17:48](#)):

Because that, that is a huge part of the, the intention, the energy, the judgements, you know, and that all that intangible stuff you can't see. And I used to be, you know, I would give you a physical answer to we'll put your left foot here or your right hand there, or do this, or do that. But that whole, you know what I, because I didn't have any internal energy or I wasn't aware of any internal energy I had at the time. I wasn't, I wasn't aware that other people had it. And so having no discernible internal energy for me helped me train horses really well because I could train a horse and hand it to somebody else. And it almost didn't matter what their energy was, even if they were an anxious sort of person or cause I've taught, I've taught this horse that the energy that comes from a human or there, there is no information in any of that comes from a human.

Warwick Schiller ([01:18:44](#)):

And so I could train horses for anybody nowadays. I, I don't think I can train a horse for the public anymore because I put too much, you know, I want them to read me. I want them to read how I'm feeling, what I'm thinking, you know, the energy and all that sort of stuff. And these days, I really tried to start with energy first, which means they're listening to your energy, but, but my energy is pretty congruent. And, but if you, if you have people that have, you know, that same horse and they're incongruent and they, you know, their, their thoughts and their energy doesn't match their physical actions, horses get all weirded out about that. So you know, a lot of people get all, I think I call them the newly woke, but the newly work who have just discovered that there's this thing called shut down. And if you do things a certain way, horses can be shut down. And they're like, Oh, that's terrible. Let horses shut down or whatever. Hey, I think for a lot of people, they need a horse to be shut down, to not

Speaker 4 ([01:19:53](#)):

Get

Warwick Schiller ([01:19:54](#)):

Feedback from every, you know, all the [inaudible] like it. But when you get to like right now, I really enjoy having the whole horse and having, you know, give the ability to say no, have them communicate. And it's this two way street of communication, but you, the horse is probably not going to work for everybody. And on, and at these days, I'm, I'm fine with that. It used to be, if someone's horse didn't work for everybody to go, you can't train a horse. I had that judgment about that, you know, whereas they just like, you know, and just in a different Headspace to where that's, that's not that important to me anymore, you know?

Kerri Lake ([01:20:37](#)):

Yeah. I love it. Like the way that you used to train, I would not have been able to learn from you. I would have sat up on the horse and cried because it wouldn't have been made sense to me that you don't feel the whole horse. Right. And it took me like I beat, I beat the hell out of myself for being that, because you know, here I'm supposed to be intelligence, this intelligent person. And I can't, you know, I start crying when somebody just wants to give me instructions what to do without any feel behind it. And I, I'm bringing that up just because it, it struck me, you know, in the last couple of days, knowing we were going to have this conversation and I just, I wanted to talk about the simplicity part of this. But I think there are a lot of people who work really hard to try to learn the way other people teach without recognizing that they might learn differently than the way that is being taught. And I just have so much encouragement for people to discover how they learn and, and learn how to communicate about it so that you can, in there, there are more teachers now who are capable of speaking to you where you're

at, rather than just trying to force you into their model, you know? And I just, it's one of the things I thank you for, for stepping outside of models and, and creating a space where that conversation can happen. That's really beautiful and important to me.

Kerri Lake ([01:22:14](#)):

Sorry, go ahead. No, go ahead.

Warwick Schiller ([01:22:16](#)):

I was going to say that, you know, I used to teach only now I used to teach people assuming, well, I didn't assume that they, they were like me and had no emotions because I didn't know. I didn't have emotion. I didn't, I didn't know that that feeling exists. And so I just taught people from the place I was at. And there are some people that could help in some way. I've said this on the podcast before there was some people I could help in. Some people used to think, you need to, you need to get a cat, but fairly an outside cat.

Kerri Lake ([01:22:53](#)):

But

Warwick Schiller ([01:22:54](#)):

I, I know now why I couldn't help them because I could, I could help them do the actions, but the horse didn't respond the same for them as it was for me, but they had these energy coming out of them. That was a huge part of the equation. And, and this is helping people with their own horses that they're, you know, there's not horses, I've trained. This is a clinic of people with horses, but some people just think, I just can't help that person. Now I know why it's now I know why they wouldn't work is because the horse was feeling them way more than it was seeing what they were doing, you know? And, and so these, these days at clinics, I, you know, I'm really big on kind of helping people, you know, on a very, in a very, very small way.

Warwick Schiller ([01:23:49](#)):

Kind of what you do is, is, is getting more in touch with them first. And that, and that's the thing that excites me because the feedback I've been getting for a number of years now is, Oh my goodness, that my life is completely different. And so it's not, you know, it's just not so much about the horses anymore. The horses are conduit. The horses are you know, an enticement to want to change, but it's not really about, I mean, there's a, there's a lot of different ways to train a horse, to get the horse, to do the thing these days. I'm not even getting the horse to do the thing anymore. I want to help you get the horse to do the thing by not working on the horse. They're helping you with, with, with you sort of thing.

Kerri Lake ([01:24:37](#)):

I love it. I love it. I was fired once for being too kind. And, you know, people said, I helped me make this horse trustworthy. I want, I want to be able to trust her so we can try it and we can canter. And so, you know, in my orientation, what that takes is connection and helping the horse feel good in her own body. So she's not scared to trot and canter with this person on her, you know? And and one day they just came and they said, you're, you're done. We don't want you to work in on her anymore. Yeah. I would've hit that horse long ago and you're taking way too long in your way to kind of, so, so, you know,

you're out. And that was a moment that had me realize that not everybody wants to feel and not everybody wants to go there.

Kerri Lake ([01:25:28](#)):

And it, it brought me to this kind of come to Jesus moment of where I'm judging, where I was judging those who didn't want to feel as somehow, you know, wrong or, or less than, you know, like how could you not want to feel, because it's ridiculous. I didn't have the concept yet of how that was their survival. That was how they're oriented. You know, I didn't have that yet. So it was, it was quite devastating for a while to be fired for being kind. But at the same time it kept it all, all of these little incidences, it kept bringing me right back to my own heart and like, okay, well then what am I about? Who am I? What's the truth? What's the truth. What's the truth. If I were a horse, what would this be? If I would, were a horse, how would I know how to go forward?

Kerri Lake ([01:26:23](#)):

And again, it brings it back to the simplicity of how it feels to be me in my body, right? So I want to go back to the simplicity for a second. There's that feeling of simplicity? When it, anytime there's a question, there's always an answer. You don't have to think about it. You don't have to project. You just know, next question comes. There's going to be an answer. A lot of times when people start opening up and feeling more, it does get more confusing or the feeling is, is more confusing. And it's only because you're trying to navigate a new system with an old method, you know, trying to navigate a sensory world from a thinking mind is gonna generate conflict, and it will not feel simple, but when you start opening up to simplicity or to sensory stuff, and you relax into the notion that intuition and feeling, it's not about correctness, it's about movement, which direction where's the movement going.

Kerri Lake ([01:27:26](#)):

And would I like to fight against that or go with it, right? That's when it starts to get simple, I don't need to know the correct answers. All my part is to be available, to recognize what's moving and then move with it. And there that offers a foundation of simplicity that at one point may have been totally occupied by the mind, you know, totally under control by the mind. And when the mind no longer has control, we need a new orientation. And its simplicity is one of my favorite things. It's like the guiding light, like, okay, how simple is this really? Because I can complicate it until the end of the universe, you know, but how simple is this really? And I think that's a beautiful guiding question for just about everything, honestly.

Warwick Schiller ([01:28:21](#)):

Well, speaking of questions, my podcast guests always get to choose some questions from the 20 questions I send them that I mostly stole from Tim Ferriss, his tribe of mentors books. So why don't we just have get into a few of those before we get too far along here and let's do it. What's interesting is there's 20 questions and some of them, every single person has chosen that question. And you've got some of the ones in there too. And this first question is I love asking it on the podcast because, you know, I think there's a lot of people that are listening to the podcast that assume because you and I are on here, we are successful and we are different from them or whatever. And this question, what was your biggest failure and how has it helped? And I'm not gonna answer it for you, but, but the thing that hopefully the, usually the message that comes across from here is that it was the best thing that happened to you. And I just like being able to help people understand that, you know, there's an ebb and a flow of everything and, and, and when you have a failure, even though it might seem devastating

at the time, it's a new beginning. It's, it's, it's, it's helping set you up for the next great thing. So anyway, sorry. I think Karen, I re what was your biggest failure and how has it helped?

Kerri Lake ([01:30:11](#)):

There have been a lot of symptoms of my biggest failure in my life, and I've already mentioned one of them getting fired for being kind that in and of itself could look like a failure. Right. But I kind of see it as a symptom of my big failure going to university. I, I studied animal science at UC Davis for equine management and reproduction, and almost couldn't attend any class. Like, I don't know how I graduated. Somebody worked some magic in the background because there were, there were big chunks of things that I couldn't attend class. I couldn't take tests. And there was no, no looking for any diagnosis of, you know, I didn't want any diagnosis, but nobody was looking at why I answered every question sitting in class, but couldn't take a test, you know? So there's all, all of these symptoms and the way I see it is consistently throughout my life, in every realm I've, I've failed at conforming to what was expected, even if, if that was, you know, it was going to benefit me.

Kerri Lake ([01:31:30](#)):

I can't, I can't conform and in society standards, that's a failure, right? How has it helped me? It's it's freedom. But it is the, it has been the scariest freedom because you have nothing to hold on to. And every next step you take, you get to create it for yourself. And this is a divinely beautiful thing. And for the part that likes to control it is death every step of the way. And and yet there, there has been no alternative for me. And so when I was 24 I was tired of people not being kind with each other and not being kind with me. And so I decided not to stay. And I took myself, I decided to end my life. And at first I, you know, I would go drink a bunch of beer and go driving and look for a good tree to run into, but that seemed really sloppy and I didn't have a gun or anything.

Kerri Lake ([01:32:46](#)):

I wasn't gonna do anything like that. So I literally just stopped participating in life. And I laid down in my bed and I stopped living and it took a couple of weeks, but got to took myself to a near death experience and and reminded myself that I've loved being here and decided to stay. There's a whole long story in there. I don't know if it's an appropriate time to tell it, but it's it was visiting with my Ethiopic family with those on the other side, not like grandma and grandpa, but angelic presences, and being, being embraced with the kind of love that teases you so intimately that every cell of your body is laughing because of how seriously you take yourself, you know, is the most sweet and gorgeous, intimate teasing and laughing and, and total freedom. If you, if you want to blow out your flame, just blow.

Kerri Lake ([01:33:53](#)):

No problem. We know why you're here. It's okay. But will you let us remind you why you, why you came in the first place so wrapped in love? Of course, I'm like, yes, remind me why. Remind me why I picked up a body in the first place. And I was gifted with so much awareness and so much information about humanity and about why humans do what they do and what the relationships are, why this family and, and what, what the heck is going on. Why is humanity struggling so much? And, and, but it was all with such love and such humor, like being tickled by every color that exists. And so I remembered, you know, and I was reminded how much, I just love being on this planet. I mean, there's, there's nowhere else that you can get chocolate chip cookies and hugs and horses. Right. So, so I'm like, okay, okay, I'll stay. And came back with such a much, it's such an expanded awareness, but even so I failed at having jobs. And I, you know, there, the failures were the norm by societal standards. So I could list them on and on

and on how many ways I failed. But the big failure is in, in conforming to something that I'm not, which is the greatest freedom.

Warwick Schiller ([01:35:29](#)):

Wow. you know, all the stuff I've read a bit, sharmans a lot of them have had near death experiences or, you know, usually there's some sort of you know, follows the whole wounded healer archetype sort of thing. Wow. Thanks for sharing that. That was amazing. I, I love, I love what you said in there. Something about you said, yeah, the reason I picked up a body I loved that. Like there was me and then I came down to earth and picked up a body. I'm going to inhabit this body. And I love the saying, you're not a body with a soul. You are a soul with a body. Yeah.

Kerri Lake ([01:36:14](#)):

Yeah. And it's so true. It's again, this is why I love awareness. I love showing people their own awareness because then once you're aware of what that feels like, you know, the actual experience of yourself animating this and eating cookies and playing with versus it's an entirely different universe and you still might encounter judgments and all that stuff, but you have a totally different relationship to them. And it's, it's so beautiful. And it's just like, I feel like I'm just getting started every single day. I feel like I'm just getting started.

Warwick Schiller ([01:36:56](#)):

You know, I'm going to jump to the last question you sent me just because I think it's all relative to that. But what, what is the message you have to share with the world, if you haven't shared it so far in this podcast, what is this world?

Kerri Lake ([01:37:16](#)):

Well, it was a couple of different ways to say it. One is, is let yourself see the beauty because the beauty that you see is, is your gift to the world. Nobody else can see beauty the same way that you do. And when you do see it, and you're aware of what you're seeing, you're changing the world. It's so self-awareness is the way it, for every relationship, for every creation, everything that you want to do, you know, if you want to be playing with horses for the rest of your life, the future of working with horses and other animals is our own self-awareness horses are going to continue to be horses. Dogs will be dogs and trees will be trees. But when you play with awareness for its own sake, your relationship with everything shows you more than you would ever know how to ask for. And if you're willing to receive more than you ever could know how to ask for, it's very simple, it's reorganized. Bring your awareness to the feeling of your life in your body. That is the flames in your hands or the buzzing in your chest, or even just a sense of Whoa. That was weird. Be aware of the movement. And you're changing your relationship with yourself. Everybody notices that you better believe horse horses notice that, you know, before you've even remembered to think about them,

Kerri Lake ([01:39:00](#)):

Self-Awareness is the way, and they're every road leads to love. Like, please don't take my word for it, test it. Let me know if you find something different. And if you haven't found that love yet, keep going. You're not, you're not done yet. Then there isn't a way to be done, but you know, if you're finding still more judgment, more judgment, good. Keep going.

Warwick Schiller ([01:39:29](#)):

Great. That was awesome. I love, I love that. You know, your mind me is so many of my podcast guests. It's not funny. What have you changed in the last five years that helped has helped shape? Who have you been, who you have become?

Kerri Lake ([01:39:44](#)):

I, five years ago, I stopped being a nomad. I was very nomadic. And about five years ago, I moved to Southern California to Encinitas and basically made a commitment that no matter how much I might want to move, I'm not going to, and that change has changed everything for me. I never really had a sense of home other than that feeling of with horses, right? Like that place of no words, that connection. That is what I would describe as home, but now the commitment to not move. And it's taken five years, it's only like, only like recent the last several months where I wake up and I'm like, wow, I am so happy. I'm here. Like physically, you know, like, this is amazing. I didn't, I don't know how many, two decades, I didn't own a bed, you know? Cause I was just moving now. I have a, and it's remarkable. It's wonderful. And life can show up differently now. And I'll tell you that was one of the scariest things for me ever is to have what I guess, normal people, you know, what, what society says is a security.

Kerri Lake ([01:41:18](#)):

It was the scariest things in the world for lots of reasons. I, it, there's still a part of my little kidness that very easily feels trapped. Right. But so like having a consistent home felt like a trap and that, that is what's changed. And it has changed entirely my capacity to show up and to, to actually do a lot of what I talk about, which is slow down and feel my own presence in my body. Rather than have my presence just always feeling for what's next or feeling for whatever history's version of a threat might be. It's, it's let me go so much further into is-ness just being, even in and among the society, even in an, among all the land of the familiar and all the traffic and you know, all the work and all the details that need to happen. There's this perpetual is-ness that comes with it now. And it's, it it's of course evolves my capacity to, to show up for other people as well. So it's yeah. And I laugh when I talk about that, because I know for most people, you know, like having a stable home, they'd be like, Oh, that's a relief. And it's been a scary, one of the scariest things in the world for me, I've tried to escape it so many times and it's just not possible.

Warwick Schiller ([01:43:07](#)):

Keeps dragging you back. What qualities do you admire most in a person? Love to say that?

Kerri Lake ([01:43:17](#)):

Yeah. Love when when somebody can watch what's going on outside of them and it, it doesn't change who they are and they turn and, and watch and ask maybe how can I serve this? How can I be of service to this love in the form of listening without judgment.

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

I was just going to say that, that whole love thing, it's hard to come to that without getting rid of your judgment.

Kerri Lake ([01:43:46](#)):

Yeah. Yeah. They love, I think it's another word. Another phrase for love is the absence of judgment when you no longer require anything to be different than it is.

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

It's almost acceptance too.

Kerri Lake ([01:44:04](#)):

Let me say more about that. Will you say, say more?

Warwick Schiller ([01:44:09](#)):

You know, I, I take I've been taking cold showers for a couple of years. And then in the last 12 months I've got myself a chest freezer and I do ice baths in this chest freezer. And the thing, I mean, I started doing it for depression, but the thing about the ice bath, you know, depression, you're in your head when you're in an ice bath, you know, you're in an ice bath. But the thing about the thing about the ice bath is if you fight it, if you reject it, if you want it to be something different than an is, and that's why I get to acceptance right. Then if you want it to be something different than it is, it's horrible. It's so cold. If you wish it would go away, I wish it wasn't there. The only way to deal with the ice bath is to accept it, embrace it and let it be what it is and be present in it without wishing it was something else. And then it's, it's tolerable. It's Oh, actually, you know what? Just last week I probably had my most enjoyable ice bath. I was in this thing. This feels cool, literally and figuratively, but yeah, so that's what I meant about I, that ice bothered really taught me a lot about that whole acceptance thing, you know, when you eat. And so you could almost say it's love, but it's no judgment. It's not, it's not bad. This, this ice bath, that's one way you could describe it as freezing cold, but that's a negative, you know

Kerri Lake ([01:45:53](#)):

It's true at the same time. Freezing cold is true at the same time. Yeah.

Warwick Schiller ([01:45:58](#)):

But yeah, not, not, not wishing it was something else and accepting it makes it bearable.

Kerri Lake ([01:46:06](#)):

Is there a difference between acceptance and embracing?

Warwick Schiller ([01:46:14](#)):

That's a great question in relation to iceberg.

Kerri Lake ([01:46:18](#)):

Well, sure. That's our context now.

Warwick Schiller ([01:46:21](#)):

I, you know, I think there is a difference. I think embracing might be that one day I had, I think it was last week. That was like, this is, this is pretty cool. That's embracing it and embracing it is yeah. Accepting. It is I don't know the way I look at accepting it in that case is not fighting it. Not wishing it, not wishing it

was different. It is what it is. Whereas the embracing is more, most like welcoming it, like bring it around. This is cool. That's I think just in relation to the iceberg, that's what I, what I

Kerri Lake ([01:46:57](#)):

Totally, totally. And then like the next level there might be to play with is then, okay, then I'm going to meet it a minute. Let this ice bath come to me. I'm going to embrace that. It's an ice bath for what it is. And then I'm going to bring my presence right into this ice bath, like meet it there. So it's me and the ice bath together. This is what I do in the ocean. The cold of the ocean has been calling to me too. And so it's like, okay, I can get overwhelmed by the cold of the ocean, which I have been. Right. I've I've left, you know, gotten out of the water. Cause it was too cold for sure. But to say, okay, ocean here I am. Thank you for being here. Here. I am ice bath. Thank you for being here. And I just wonder, you know, I don't know. I don't know what that would do, but it's just presenting as something fun to play with, you know, bringing your alone life force even more with your awareness. Right, right. To my friend, the ice bath,

Warwick Schiller ([01:48:06](#)):

You know, I, I used to not like being cold at all and I've, I've given it some thought and I think I've come to realize why I didn't like being cold because when you're cold, you're in your body, you are feeling your body. And I think, I don't think I liked feeling my body. And so I didn't wanna, I didn't want to feel cold because I felt the cold. And so it's, you know, the, the ice bath is a very semantic thing and it's not, it's not terribly pleasurable while you're in it. But it is, let's, you know, it's a mental challenge. Every time you get to do it, it's a mental challenge. You have that mental fight with you. Should I get into it or not? But when you get out maybe 10 minutes after you get out, I think I love it. And I think that's what it would be like to properly feel all the time you're aware of your whole body it's alive, but it doesn't feel cold. It's almost just like it's buzzing. Like every, every square inch of your skin is buzzing. And I think you probably get your life like that, but for someone who hasn't felt it's, it's really cool. It's it's, it's, it's, it's awesome. It's very good.

Kerri Lake ([01:49:32](#)):

Did it assist with the depression or what? So, cause you said you started that initially for depression. How did that work for you? Like addressing it? So, you know, with something so specific?

Warwick Schiller ([01:49:44](#)):

Well, it was, you know, it was a year of cold showers before that and I, you know, I think it's, I think it's just, you know, I think that there's different forms of depression and you know, I've never really had the CEDS, as in, as Australians, I'd say he's got a case of the said it was more just, just a shutdown, you know, stuck in your head, not at all in your body sort of thing. And the thing about that, the thing about the the culture is, you know, it's a, it's a smaller version of the ice bath, but you know, you're in, you know, you're, you know, you know, you're in it. And in order to, in order to in order to survive or not survive it cause not going to die, but in order to get through it, you have to take control of yourself.

Warwick Schiller ([01:50:38](#)):

And so, you know, when you're in your head, your head is controlling you and it's kind of like, you know, it's almost like meditating when you're meditating, you're still thinking, but you are controlling what you're thinking about instead of it controlling you. And then in order to you know, in order to let's use the word survive, I remember the word right now, but in order to survive, like say the cold shower, you have to take control of what you're thinking. Yeah. You know, you have to, you know, I used to just do a

breathing with the ice bath. I do a breathing technique before I get in I in for five and out for eight. And I keep that going as I get in, on always getting on the out-breath. So I'll be, I've got some steps lead up to it and I'll be doing five at eight, five eight, then I'll do the five in. And then as I start the eight out, cause the out-breath is, you know, it's Paris nervous system. And as I lower with Sopheon, I'm doing that out. And the thing with the ice bar, there's ease, you have to try to stop yourself from going sympathetic. So if you, as soon as you take that short, quick gasp, you've just given up. You've just, you've let go. And now you're cold now it's miserable. And now you get this fight. But the key is to not, not let that, you know, not let that control you.

Kerri Lake ([01:52:03](#)):

And it is, it's fascinating too, because I know all the studies are there for the chemistry that changes in your body, you know, when you kick into the parasympathetic and how the cold changes, the way, just how your body operates and the chemical messages it sends itself. But it, to me, it's, it's fascinating. Like you're talking about watching how the thoughts change and, and what takes over from the place of survival, you know, that, that cognition that says, okay, that's it, I'm going to die. Let's get out of here. And it's, it's all fascinating to me,

Warwick Schiller ([01:52:40](#)):

You know, and the other thing with the ice box is it is it's tapping back into that ancient stuff. And then we were supposed to be able to be adaptable in, you know, supposed to be able to put up with extreme conditions and otherwise we wouldn't be. And it's just getting back to some of that, you know, it's, it's kind of like, what you do with your work is you're getting back to ancient stuff that we haven't really lost, but we've, we've lost touch with.

Kerri Lake ([01:53:09](#)):

Yeah, absolutely. Absolutely. And there's, yeah, there's such a simplicity to it. Like when you think as much as you're going to think and you think it all through and you think anything you can think, think, think, and then you're done thinking, and then all of a sudden you relax, there's your presence, right. So why not go directly there?

Warwick Schiller ([01:53:30](#)):

Have you ever watched the, I dunno if you watch much TV at all, do you watch much TV,

Kerri Lake ([01:53:35](#)):

Not TV, TV, like cable channels. It's, it's been a while.

Warwick Schiller ([01:53:40](#)):

There's a, there's a British period drama called Peaky blinders. Great, great show. But there's a, there's a line in that law way, way, way, way late in the, like the last series I think, and this, you know, short version is these two brothers went off to the first world war and, you know, had some PTSD from that, but came back in there they're gangsters in Birmingham, you know, very working class and they, you know, they, they bookmakers, you know, they run the run that and then this guy's always, he's one of those schemers, like he's 10 steps ahead of everybody and he's always scheming and he's always got something going on. Anyway, he gets very, very wealthy and actually gets to where he is. I think he's legitimate. So he's got legitimate businesses now. And so we can actually take some time. Anyway, they,

everybody says, you've got to take some time to yourself. And so he's at home for about three days and he says, I gotta go back. I gotta, I gotta do something. And he said, why? He says, because I'm sitting here thinking about me, thinking about my thinking

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

Line, I'm sitting here thinking about me, thinking about my thinking. It was like, well, that's, that's a great, the writers get good credit for that, but I thought it was a great line. Yeah.

Kerri Lake ([01:55:06](#)):

Yeah. Yeah. That's amazing. It's so good.

Warwick Schiller ([01:55:10](#)):

That's so cool. But why don't you tell everybody how they can learn more about Curalate because you do different help people in different ways. How can people learn more about you and find be a part of what you do?

Kerri Lake ([01:55:27](#)):

Well, thank you. Work. the, my website is Kerry lake.com and that's the, the best way to read more. There's actually like 60 different blog posts that they're not instructive, but they, they guide people to feel different. You know, it's a lot of writing that I did for myself when I didn't have anybody to talk to. And so I would just feel and, and write what felt helpful. So there's that kind of way to engage, just to read stuff. There's an events page like gov actually, we're starting to organize some in-person events again, and I don't know if you're starting to get stuff on the calendar again, but it's really, it feels good. In July we'll be in Colorado with the wild horses again. So I'm really looking forward to that. Yeah. we've got events scheduled in England and Wales in September and Australia in November.

Kerri Lake ([01:56:30](#)):

So all of that that's coming up and then working one-on-one or with groups you can always, people can always schedule a one-on-one session with me, which is people will ask, you know, what do, what do I, what, what do I expect? What is, what do I get from it? And really is you show up and we start right where you are. What's on your mind, where you, where you feel like you're not clear on stuff and boom, off we go and provide tools and clarity and healing work and assistance all at the same time. And then the other thing I love to do, whether it's online now, we've all gotten so adept online or in-person is group stuff, you know, for small, if you have a small dedicated group and you're all interested in diving in one direct action and it will help all of you guys learn let's schedule a private kind of group session or, you know, larger group sessions in person or online, there's, it's very flexible. Because there, there is no modality. It's just, how can I best assist? And there's plenty of resources to go to. And so how much of yourself would you like to know?

Warwick Schiller ([01:57:43](#)):

Well, how is this, how much of yourself would you like to know? That's a scary question actually. Only if you want to control it and there's a good answer to it too. Yeah. Amazing stuff. So we better wrap up here, but thank you so much for joining me on the podcast. It's been such a pleasure to catch up with you again. And yeah. I, I love what you're doing and I, I certainly hope people reach out and get, you know, because this stuff is, it's not just life changing, it's world changing because it, it, it changes your

interactions with everybody you come into contact with, and that changes their interactions with everybody they come into contact with. And it's yeah. It's, I think it's,

Kerri Lake ([01:58:27](#)):

I'm so happy that you said that, you know, when people wonder what can one person do to change the world? Well like you keep writing about the horses, change yourself. Like the greatest gift you can give the world is your own, your own. Self-Realization for exactly that reason, because then the way you smile at the next person, it's going to change their world in a way that you could never have planned. That's how you do it. If you don't start at the systemic level and try to, you know, fight a system that is built to, you know, keep everything oppressed and under control. No, you just see it for what it is and create freedom in yourself and then share it. I think the old bumper sticker for that was think globally, act locally. Yeah. Like your own body local

Warwick Schiller ([01:59:18](#)):

It's that look that local really local. It doesn't get much more local than that.

Kerri Lake ([01:59:22](#)):

No, it doesn't no work. Thank you so much for the conversation and the opportunity and the kindness and everything you share in the world. And that's why I was so excited to meet you those years ago. Cause I had a sense of where the opening that you were stepping into and what that could mean for so many people. So with all of my heart, thank you for walking your walk, my friend it's. So like it is coming from this little girl in me that knew what horses wanted to share. Right. And it's watching the ripples that you're creating truly from my heart is like watching some of my dreams come true that this conversation is happening. And there's somebody creating platform in this way, from their own, their own embodiment, from their own journey. It's like, I can't tell you how really, truly special it is to me to watch you be doing what you do. Thank you. And thank you for being a part of it.

Warwick Schiller ([02:00:28](#)):

Okay. So everybody listening at home. Thanks for joining us. Hope you enjoyed Kerry Lake. As much as I did, I will catch you on the next episode of the genuine podcast.

New Speaker ([02:00:39](#)):

Thanks for listening to the journey on podcast with work Schiller Warrick has over 650 full length training videos on his online video library at videos dot Warrick, schiller.com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.