

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

You're listening to the journey on podcast with Warwick Schiller Warrick 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 ([00:00:36](#)):

Hey everyone. Welcome back to the journey on podcast. I'm your host Warrick Schiller. And today I have a special guest in a friend of mine from Wales, her name's Kathy price, and she lives on the west coast of Wales and a place called Aberystwyth, which looks out over the Irish sea. And I've known Kathy for five or six years now. And we've actually got, become pretty close, but Kathy is a very cool lady. She knows she's been very passionate about horses from a very young age and like many of us that love horses, her, I don't know her love of horses kind of led to her discovering energetic connection with not just horses, but with all sentient beings. And so this led Kathy into going down the rabbit hole of healing with energy, which is what she does these days. And, um, she has some pretty amazing stories. She's a pretty amazing lady. And so I'm looking forward to having her in the project, Kathy price, welcome to the genuine podcast.

Kathy Price ([00:01:37](#)):

We're actually, it's really great to be here. I'm looking forward to this.

Warwick Schiller ([00:01:41](#)):

Yeah. So am I? Yeah. So I guess what we probably should do is start off by telling us what exactly is it you do?

Kathy Price ([00:01:55](#)):

Oh my goodness. I have been asked this so many times. I should have a right. D a really direct answer. Actually our big friend tourney Kindersley led me to this in a very simple explanation. So I was lucky enough to go and visit her with Naomi a couple of years ago. And she asked me the very same question. What do you do? And so I started going into my lungs sort of explanation. And when I was leaving, she said to me, okay, I'm going to give you a challenge on the way home. I want you to distill down into four words what you do. And I remember looking at her going, you gotta be bloody kidding. You know, having spent the last half an hour, trying to explain what I did. So she was very kind and she said, I could have six words. Thank you, Tanya.

Kathy Price ([00:02:46](#)):

Anyway, on the flight back from Tanya's, it came to me and the full words are helping you heal yourself. That in essence is what I do. And the way I look at it is that any system that is imbalance is in health. And we're talking about physical, mental, emotional, and spiritual, every level and health is a place of ease. And we know the word dis-ease when something is not easy to be, you know, that's where it could be, uh, an infection of injury, whatever. So I need to know nothing. I prefer to know nothing about the animal or the person I'm working with because that keeps the old, not getting the old gray matter out of the way, because this is nothing to do with me knowing anything. Um, I know nothing, and that's the absolute truth in this respect, the system I'm working with at an energetic level knows everything.

Kathy Price ([00:03:49](#)):

It knows the information, it needs to come back into balance and the trouble is excuse the French, but gets in the way. So that's why we don't inherently move back to balance. So the way I look at it again is that my job is to make it easier for the system I'm working with to find the information it needs to bring itself back to health. So I'm a facilitator, I'm in no way a healer. I have a very, a lot to say about that, but we'll just leave it at that. So I facilitate the system I'm working with to find the information it needs to bring itself back to health. And the information is in the field. We are all energy. We are all connected and we sit in an infinite field of information. So just as when we've talked about before, you know, you've talked on your podcasts and we've both read books where it says about putting a thought-out, which is the electromagnetic frequency, and that all possibilities are out there and you connect to that frequency and therefore you manifest what you're looking for with my side of this work, it's about helping the system find that information that fits to bring them back to a balance to health

Warwick Schiller ([00:05:07](#)):

That was a little longer than four words, but that was good. I liked that, that, that, that made a lot of sense. Um, okay, so let's talk about what led you to this. Like you, you will not, you know, like most of us, you were not on this, I don't know if you call it spiritual path for quite a long time. And then, so what happened to lead you to this, um, avenue of discovery?

Kathy Price ([00:05:33](#)):

Really good question. Um, and in hindsight and what, I'm 61 now, so I can look back and see what my path has truly been. And it definitely has been the horse. The horse has led me here. Absolutely. 100%. I grew up in Wembley in London, in a suburban home, my parents, nothing about horses. And yet, as soon as I could speak, all I talked about was horses. All I wanted was a horse and my parents had no idea who this cooker in the nest was, you know, cause they, they have God, what do we do with her? Um, and it just, I just got worse and worse. You have a lot of people say they grow out of it. As I went through, you know, from 2, 3, 4, 5, I just got worse. And I remember in my family, there were two, um, two ways of thinking about why I was so horse mad and the F I call it nature and not nurtured.

Kathy Price ([00:06:31](#)):

So the nature part was my dad was from Poland and his uncle back, there was a Madeline horses. And I remember seeing a picture of my dad when he was about nine sat on a pony bear back, you know, and dad had no interest, but so maybe on the throwback to that, the other one is that apparently at the age of two and this could account for a lot of things. Um, I was on a donkey on painting beach, which is a resort on the south coast of great Britain. And I fell off, said donkey. And this was only relayed to me later in my life when my mum said, well, of course, it's probably you banged your head when you fell off the donkey. And so, um, I'm not sure, but anyway, it was this complete compulsion with horses that got me, uh, took me down a path whereby eventually, you know, I have riding lessons and I begged borrowed and stealed horses.

Kathy Price ([00:07:27](#)):

I worked on stables. I worked on a wild west show, actually in Wembley with native Americans and all sorts. I've worked on a coaching stable. These were all summer jobs, but anytime I could get contact with horses, that's all I wanted. And it wasn't until the age of 32 after I'd had my two kids that I actually had my first own horse. So unlike a lot of your podcast, guests who sort of grown up with horses or were introduced to them at a very young age, I think I was about 10. When I had my first riding lesson. I taught myself to rising chops with a piece of string over a trestle. I read in a book how to canter. And

then when I went on a trekking stable, there was one part in the ride where people who have good ride went to the right and the others went to the left and the ones that went to the right cancer.

Kathy Price ([00:08:14](#)):

And I didn't tell anyone I'd never counted before I put myself in there. And that's when I did my Cantor. And it's wonderful. So, you know, I had to sort of manifest these chances to do stuff, but the horse all encompassing how they work, oh, everything. And that definitely, it led me to a horse called midnight, who was a Cleveland bay cross thoroughbred, who I bought in hubby, bought him, bought her for me actually in 1992 and Cleveland bays have the word intractable. I stubborn in their breed standard. You can read it in a book and she was a Cleveland Baker's therapy, but the therapy didn't really exist. We just went completely from bay and she was the horse that just said, no, I'm not going to do it unless you find a better way. So I had been taught BHS, you know, everything that didn't work.

Kathy Price ([00:09:07](#)):

I remember switching to Western thinking somehow magically putting a Western saddle on this horse was going to change everything strangely enough. It didn't. And then I just began looking. And again, there were a lot of synchronicities, but led me to, um, a friend who bought me into parolee horsemanship. And so that was a big game changer in that I began to realize, you know, you had a relationship with a horse. You weren't just sitting on it and making it go and making it do things. And I had one extremely hairy moment with midnight who she never wanted to be lunched and she'd just stand and turn the standards right in front of me and go, yeah, what you're going to do now. And I didn't need to launch her. So I never bothered. I knew that, you know, I could put long rains on them, so I didn't not doing it.

Kathy Price ([00:09:55](#)):

But part of the Perelli thing was about, they should be doing the circling exercise where you can just stand still and they just quietly go around you until you ask them to stop the shock to the system. The first time I asked her to do that and I was in the six acre field on my own. I remember it. Well, she literally reared up ears, went back, mouth, went open and she was coming at me now. I don't know whether she'd have actually made contact, but I, I sort of didn't get angry or anything. I remember I thought, oh, okay. And I just, I knew she would back up, you know, if you asked and I ended up backing her up around that field, rightly or wrongly. I mean, obviously now it's always the way, you know, if I knew then what I know now, but that's what I did.

Kathy Price ([00:10:40](#)):

And that actually was a game changer because she then started to think, oh, maybe you're not quite the pushover. I thought you were, um, um, you know, we just developed a relationship, but straight from the Perelli, I then got invited down to a horsemanship clinic down in Pembroke share with a guy called [inaudible], who I knew nothing about we'd been invited over by the owner of the place. And that was my spiritual awakening. That weekend was when everything shifted from my I'd been completely science-based yeah. Measure it, explain it replicated. Thank you very much. You can't do that. I don't want to know. And that was truly where I was, but it was that weekend and that horse took me there because if she'd been a push-button ride, I'd never gone looking.

Warwick Schiller ([00:11:31](#)):

And so what, so in Lynn, Judd's an Australian who I think he lives here in the U S now, um, what, what exactly happened? That, that flipped your switch?

Kathy Price ([00:11:47](#)):

Oh, goodness. Again, it's like, yeah. How do you, how do you sort of quantify it? He did a demonstration on the Friday night before the clinic and it was all about energy. It was about horses, feel energy, how you can think, and you can ask the horse to do things. I remember he said two things. The first was he was connecting to the feet and this was a concept I just sort of found about, you know, the connection of everything with the horse in essence, to make it move his forward, back side to side and speed. And it's all related to what the feet are doing. So that was my sort of understanding at the time. So he said that, I thought, oh gosh, right. Okay. This is interesting. And then he said something that made my, the hairs on the back of my neck go up.

Kathy Price ([00:12:34](#)):

He said, if you get good at the physical, with the horse, the horse will lead you to the mental and the spiritual. And I can remember just sitting there thinking, oh my God, where am I what's happening? So that was the sort of introduction he gave. And then we had two days of clinic and the two days of clinic, I think you, you, you know, talk about your Wisconsin thing. And that, that was for me, exactly this, I was crying the whole time, but it wasn't, oh my God, it was awful. It was wonderment. And I don't know what's going on. I don't understand. And then he'd say something else about a horse that was in the round pen and he's, oh, I'm off again. You know, completely lost the plot had no idea. And I think that weekend, I mean, he's the sort of things he said at the weekend that got me going, you know, really got to me where from breakdown comes breakthrough.

Kathy Price ([00:13:32](#)):

And one other one that he said was open your mind, but form no opinion. And that was really strong. So, you know, take it on board, but just don't try and categorize it, which is me, you know? Okay. I'm the scientist. I'll tell you how it all works. I had no idea. Um, so that was, you know, that was the sort of things that were happening. It was changing my perception. And it was almost as though my feet, which had been stood on a very firm substrate of scientific knowledge. They had that that substrate had been taken away. So I was just left floating. And I, I wouldn't say I went to your sort of freeform. It was the different I was rising up it, but I was completely out of control in that respect that I didn't know what on earth was going on. So I know that I came back from that clinic completely confused in wonderment, really happy, but have no bloody idea what was going on. So yeah, he sort of opened my brain to a different way of being

Warwick Schiller ([00:14:38](#)):

Well, I do say that that, uh, it's what you learn after, you know, everything that's important and you had that, that science it's this way, and then you realize it might not be quite that.

Kathy Price ([00:14:57](#)):

Totally. I realized it totally wasn't.

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

So when did you tell everybody what's, what was your scientific background?

Kathy Price ([00:15:05](#)):

Um, I did a BSC honors degree in psychology. So my, uh, degree level was on, uh, physiology by, um, physiology, parasitology and immunology. And I did my thesis on a little worm called a kind of caucus granulosis, which is, uh, it was really, I didn't know I was going to end up farming, but it is a worm that is very prevalent between dogs and sheep and dogs and horses. And it was about the speciation of that. So, you know, I'm just really into the science of it all. Um, all of the sites practically that I learned now is completely out of date. I mean, all of the cell biology, the immunology only very basic stuff. So we are talking quite a few years ago now that's, uh, but it w you know, it was my brain set. This is fact there it is, learn it, understand it, you've got it.

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

So we, uh, hit some point in time in this podcast. We're going to go through, you know, for listeners at home. We normally, I give my podcast guests 20 questions and they get to choose 5, 6, 7 of those questions. And we go over the McCarthy has elected to do a lightning round of all 20 questions. We're not going to do the lightning round right now. We're going to, we're going to say that for later, but the very, very first question, and I think it would be relative to this right now is where this conversation is going to head. Cause I know where it's going to head. What book do you recommend mostly to people?

Kathy Price ([00:16:42](#)):

I think for me, the starter book was the biology of belief by Bruce Lipton because he was a scientist teaching, you know, all the qualifications and he had made a discovery, which other scientists would not believe, which, you know, was the science of epigenetics, which is the shows, the effect of the environment on the expression of the gene. And he basically took stem cells, which are blank, undifferentiated cells. They could become muscle cartilage, nerve, or whatever. And he put them on, if you imagine little Petri dishes with different substrate, a different thing in it, each of them one might make more alkaline or acid, more sugary, whatever. And you discovered you could put a blank cell in each of these different, uh, Petri dishes. And they became a different type of, uh, cell, you know, they, they differentiated into muscle or nerve. And the only thing that was different was what the cell was sitting on. So they were the same DNA. So you couldn't say that the DNA, which, you know, the chromosomes that, that what was, um, determining what the cell would have become, and they call it the genetic determinism. I E if you've got that gene, that's, what's going to happen to you. And this has been disproved so many times now, and epigenetics is now taught in schools, but he was called a heretic at the time. So that book, the biology of belief was my cornerstone.

Warwick Schiller ([00:18:15](#)):

Many. I did a podcast earlier on that was called books that have influenced me. And that was one of the books that had influenced me. But there was, I know there was quite a few others on there that I think you may have recommended, or even maybe you sent me some of them. I'm pretty sure you sent me real magic by Dean Raden.

Kathy Price ([00:18:36](#)):

Yeah, that was the later one I think, to begin with. Um, okay. So there's Bruce Lipton. Then there was, um, Candace PERT, the molecules of emotion. She was the scientist that discovered psycho neuro immunology, where your thoughts affect your nerves, which affect your immunology. So in other words, it's showing what we think can change the biochemistry in our body, which again, that was a groundbreaker. And it's also quite an interesting tale of how women didn't get, um, put forward for

Nobel prizes at the time, because she was one of the instigators of that, but somebody else was put forward, but that's a whole nother story. Um, so there was that then there's, uh, LinMot target the field, which talks about the field that I spoke about, which is the connection of everything. And she investigate [inaudible] journalist. And so she went around talking to all the journalists, got all of the information and pulled it together in a, a book that you can understand, you know, it's not too high level, but it explains.

Kathy Price ([00:19:39](#)):

So she did that. And the intention experiment there was David Abraham spelled as essential and becoming animal and spell of the sensuous actually is one I've got to reread because it was about how we are connected. And he looked at some of the philosophers and he bought through attacks. And I've got to read that again now, because what I've discovered is some of the books that I read early on, I've now read, listened to, or re-read, oh my goodness. Completely different, um, effect, you know, I get much more out of them. There was Gary Zucca for that series. One of the ones that I've just re-read, um, seat of the soul and the dancing woolly masters. So the dancing really masters was all about the quantum physics. You know, he brought it forward in a way that you could sort of access

Warwick Schiller ([00:20:27](#)):

The seat of the soul. What's the other one? The dancing, what? Woolly

Kathy Price ([00:20:31](#)):

Masters. Woo. I can't even w U L I think his masters woo. Lead masters, like a Chinese name. I think I've got that correct. But it is Gary Zukav, I'm sure it is. Um, yeah, so there was, I just read book after book, after book, it was, I couldn't stop as soon as one book was down and it might lead me down a train of thought that I've got to discover that. And I know some of the things we discussed at podium, you know, there was a train of thought on that, that led me down. I just, I should own Amazon, like many other people, cause it was like, oh right, get this it's useful though, because I can go back and look at my order history and discover what books I bought when you know, how long ago it was actually in my journey that I, so it was 2005 that I first read Gary, Zukav a seat of the soul.

Kathy Price ([00:21:26](#)):

And I literally listened to it about three or four months ago. And it blew my brain because I could see it on a different level. And it's the same, the power of now Eckhart toddler. And I mean, you've recommended so many books to me as well. If it wasn't for you. Um, Joe dispenser becoming supernatural would still be sat on the side of my bed. I might not have actually delved in that. I can't tell you how many times I've read that or listened to it. And what I discovered when I really listened again to Eckhart Tolle, I first read power of now, I don't know, 2008, nine, whatever. I was literally moved to tears as I was listening, because he was saying exactly the same for me as, um, Joe Dispenza, but from a spiritual side. But the message was the same, you know, Joseph's spender is much more practical if you like, they were saying the same thing. So yeah. Books to me are great friends.

Warwick Schiller ([00:22:25](#)):

Yeah. A minute ago you mentioned, uh, Verdean. So we had an incident at birding site. I had met Kathy at a clinic in Wales. You were in the clinic and then maybe you had attended another one, but I'd never really got to like sit down and chat with you. And, and I think, I think the universe kind of kept me away from your cello. I was ready to hear what you had to say. That we, I did a clinic in, um, east Sussex in the Southern part of England. And, uh, Kathy came along to that. So she'd got to get to be friends with some

other people that come to my clinics. And so they said come down to the clinic. So Kathy drove down from wild and uh, we go to the pub after the clinic on the Saturday night. And I just happened to sit across the table from Kathy and she just sits down and starts telling me these stories, which I think she might relate to us right now. But yeah. Why don't you go ahead and spit out what you, what you told me when we sat down at the pub? No, it's

Kathy Price ([00:23:26](#)):

Just so weird because there's only three people I've really spat stuff like that out and not to that extent, but one was Len Gerard one was Leslie Desmond a couple of years after I met them and the other one was used. So it's all this horse energy connection stuff. So yeah. Um,

Warwick Schiller ([00:23:45](#)):

Well, you're gonna have to spit it out to a lot more horses, Knock yourself out.

Kathy Price ([00:23:52](#)):

Um, yeah, there were, there were three or four things, but I suppose the first one, I read a book by a lady called Brandon bays called the journey. And this was quite early on. It was in the early two thousands sort of, quite early on in my, um, sort of journey as this is the journey podcast. And, um, yeah, she basically was a lady of, uh, into spirituality and alternative techniques. And she discovered that she had, um, a growth in her womb, which was quite large. And the doctors said they wanted to operate straight away. And she said, no, give me four weeks. She bargained with them. And they said, they'd give her four weeks to go and try and help her heal herself. So the story, the book is about her journey looking is called the journey, um, looking, uh, talking to different practitioners and looking for a way to help herself.

Kathy Price ([00:24:44](#)):

And she ends up doing a process whereby she remembers when she's had a very powerful, if you'd like negative emotion and the person it was associated with, and the instruction was to sit around a campfire with this person and anyone else you might think appropriate and discuss it. And you end up forgiving that person. And that basically that, that negative emotion dissipates and you release it and then you go down the level and you'd go to the next negative emotion. You can think. So it's a process of clearing if you like. So she did this and she ended up after she'd gone through every fire that she could think of. Um, she ended up at a black hole and I remember in the book, she says she was very frightened about, she knew she had to go into this black hole, but she was very frightened.

Kathy Price ([00:25:37](#)):

Now. I honestly cannot remember what happened to her. I know she survived because she came out the other side and she actually did heal itself. But I can't remember what her description of what was of going through that black hole. So anyway, me being me, I get to the part that she's gone through the black hole and she's okay. So I thought, oh, I'm having a go at that. So I'm sitting there doing my little, um, visualizations of right. I've had this, uh, negative emotion and then go round the fire, get released that do whatever black hole in front of me. Yay. She survived. I'm in there, boys dive through and this bit, I do remember very clearly. I was literally floating outside the back of the house and I'm upstairs in the first floor bedroom. And it was literally outside the window I'm looking at now. And I was part of everything, the walls, the air, the brown grass, the trees, sky, everything that I was just part of everything I felt

Warwick Schiller ([00:26:38](#)):

Body was in the house. And you were out of the house.

Kathy Price ([00:26:41](#)):

I don't know where my body goes for me. It was almost a, it's a really good question. I've never even thought of that bit. I might've left or there was no body. There was no body, you know, once, once I,

Warwick Schiller ([00:26:55](#)):

No, no, no, no. I mean, before you went in the whole way, was your buddy sat there in the room,

Kathy Price ([00:27:06](#)):

So your buddy was in the bedroom, but the thing you mentioned, okay. Yeah, sorry. Yeah. Okay. Yeah. Went through the whole and whatever was the essence, the spirit, the energy I was outside and I was part of everything and I felt I could reach to the, you know, I was facing south. I could reach to the right and touch America to reach to the left and touch China. And I was just part of everything. There was no division. And that is as clear today. What 15, 16 years later is when it actually happened. But I don't think I realized the significance of it. Then I experienced it. But I didn't realize this, the significance because I've just read a book, which I know you're reading as well, radical wholeness. And he describes a thing called the elevator, which is about connecting your, the energy of your brain.

Kathy Price ([00:27:58](#)):

If you like all the way down into your pelvic bowl. And along the way he says, if you re, if you hit a resistance, which is an emotion and he calls it the orphan, which really made me cry, because it's like this part of you, this is us not incorporated. It's miss outside. And so you sit with it and you incorporate them. Once it's incorporated, you dropped down the level, drop down the level. And I suddenly thought, that's exactly what I did with that book. You know, that's exactly the same sort of process. You, you find the emotions that have been holding you back, if you like, and you process them, incorporate them and release anyway. So yeah, that was the first thing that I probably hit you with launching outside connected to everything, you know, general day's work. And then the other thing that, um, happened to me was over a series of months, again, quite early in the maybe three or four years later, I was just getting the weirdest experience.

Kathy Price ([00:28:59](#)):

I'd wake up and there'd be a rush of energy through my body. Like if you can imagine really fine pins and needles, starting at your feet and rushing like a brake, train up your body and out, and being lifted off the bed and falling and voices and all sorts of stuff going on. And it scared me to begin with, I didn't know what on earth was going on, but it was a really physical process. It wasn't imagination. It wasn't dreaming. Anyway, what happened then was the way I like things to happen. I experienced. And then I find the answer and I'd read something about going out of body. So that then led me to, oh, oh, okay. There's books on how to get out the body. So guess what I bought? And there's a brilliant author called William Bowman. And he wrote two big books. I think one was called adventures out of body or something.

Kathy Price ([00:29:51](#)):



And then another one about the spirit can't remember names, but his were the books that were really good for me. And he gives techniques about how to practice getting out of body. And I'd almost get there as stone got no, no whatever. And it took five months of practice, you know, nine they're going, I'm going out of the bar and lived in our booth now not but five months. And I think the key that I actually managed to get out was that a friend of mine, her horse was ill. And I'd read the, if you, um, when you get out of your body, you see things in a different vibrational state, because you were at a different vibration rate and you can, might be able to see what's wrong with a person. And for me it was the horse. So all the textbooks sort of said, right, the first time you get out, if your body get out, realize you're out and come straight back in.

Kathy Price ([00:30:43](#)):

So as I've been practicing and practicing, and this one night wallet did it, I was standing at the end of the bed. I was out of my body. And I thought, there's no way I'm going back in there after five months of getting here, I'm off. So the sort of theory is that you think where you want to go and you're there. So you could go to the other side of the world. And the interesting thing is that a friend of mine at the time, she worked for the BBC and they had actually done a documentary about all things, paranormal and psychic, and goodness knows what. And they discovered it. Um, sisters from Sweden, who they did this every night, they lived separately, you know, apart from each other, they'd meet up at their mother's house. And they, you know, they do this out of body experience, but together, and they were known as the flying sisters and the researchers would put tests out.

Kathy Price ([00:31:37](#)):

They'd put something in the house, which the sisters wouldn't know, but they don't really know if they actually went, you know, a distance out of body and find it. And the way you can test yourself is to get a deck of cards, pull a card out, don't look at it. I mean, if you look at it, you fail, you put stability point, don't look at it, put it on top of a wardrobe, face up, you know? So the key is facing up to the ceiling and then practice go out of body, go and see what that card is. Oh, you're right. You know, that's a simple way. But anyway, I got out, I thought I'm going up to the horses. And instead of just thinking to go, I just literally went straight through the hall. I'm just not right. Okay. I'm out, I'm off. And it was the weirdest sensation.

Kathy Price ([00:32:20](#)):

It was a really fine tingle molecules. Brushing molecules is the way it felt. And then the minute I was out and floating on the lawn, that, that way it was definitely just going through the wall that, that happened. And then I suddenly realized I started to sort of follow the road and I thought Sydney woman just think that I did. And I ended up, um, it was only about 500 yards, 600 yards as the Crow flies. I ended up and I was above my horse, midnight. She was lying at the junction of two fields. And I swear to God, she looked up and said, what's my mother up to now. It was, oh God, here she is again, what is she doing? And the horse that I wanted to see Ketty had just gone up around the corner to the stables. It looked like she was a bit spooked.

Kathy Price ([00:33:05](#)):

So I sort of floated my way up as one does and looked around the corner and Kathy came out of the store. But, and then this is when it gets weird. It was Cassie, but not as she was in that present incarnation where she was a short, she was like a cross between the shower and the accident and quite heavy built in black and whites. And this was like a baby charger with a big saddle on it. And I looked

down at midnight and she was a pack horse. And I remember then this was again, conscious thought that you said that if your experience is getting too weird, you could be going too deep into sleep. You've got to be at a certain level to do this. And I thought, oh, there we go. It's gone weird. I'll go home on. Which is what I did. I thought of my body. And there was the falling back and all the sensation. So I mentioned that to a couple of people, what has happened with Kesey and midnight? Um, both of them said straight away, those horses knew each other in a previous life. I don't know. I'm just reporting. And I'm not trying to convince anyone of anything by saying these things. It's just my experience. And it might resonate with some and others might think she has lost the plot.

Warwick Schiller ([00:34:13](#)):

When you told me that. I don't think I said those two horses knew each other in a previous life. I think I looked at you and said, who do you tell this too?

Kathy Price ([00:34:23](#)):

Well, it turns out only about three people. Well, now I hadn't even had the shake when I met Lennon and Leslie, but there was something there. I know it's, I know it still puzzles me in some ways in a while I sat there that night and said, right, I'm just gonna lay it on the table. The other thing that was quite interesting was I think I told you how I see energy in the S in the air. So if I happened one day working on the farm and I'm the extra chic dog, I know my science and I stand there quite nicely for quite a while. And I'll come by in a way when, when asked, but I was waiting for the sheet to come. And it was a lovely sunny day. I was looking up a blue sky and we have some nice old trees and it was quite early summer.

Kathy Price ([00:35:05](#)):

So everything was very Verdin. And firstly, I saw like a gray haze around the top of the trees and it's like, what's that? And then maybe the brain went, oh, that's the aura of the trees. It's the energy field of the trees. But then as I was standing there, I became aware of how to describe it. Translucent particles, small dots, flying completely randomly through my eyes, you know, through my field of vision. And of course I immediately thought, oh my God, my eyes are going, oh goodness, what's happening. But then I began to realize, no, it's, it was consistent. And again, it happened the way I like it, which was the, I saw it. And then later read something which maybe suggested it was the energy of the air, the all going, it she's the energy in the air. And the funny part about this was so a couple of years after that, um, my friends and I, we went to Iceland and we went on a Skidoo, right to the top of a volcano, which was 200 years overdue exploding, which made it all quite exciting, especially when another Skidoo.

Kathy Price ([00:36:17](#)):

So we were all at the top and we couldn't really see much cause it was snowing. And goodness, what is that other Skidoo came up and this guy got off and he went down and he obviously did some measurements. He jumped on his costume and he was gone. And we said, who's that? And they said, that's the volcanologist? Do we have a play is left rather quickly? What does he know that we don't? It just like, God, what does what's about to happen? Because you have two hours to get off there if, if it would melt from the bottom up. But anyway, so I'm up there driving the Skidoo, which was such fun. And I began to notice that the energy in Iceland, the energy in the air, it was huge. It was much bigger than in Wales where I see it normally. And it was golden and add my mate.

Kathy Price ([00:37:01](#)):

I was like, look, this is the energy it's big and it's golden. And I was switching and practicing and goodness. Well, anyway, get down to the, um, back down and Ali, who was the guy that sorted our tour out, it was brilliant. He was a local and we just, he took us to see his friends and everything and he did not know what to make of us to at all. And I got back in the car, got, oh, Ali, my God, you should see the energy up there. It's amazing. It's massive. And it's golden. And at the moment I took my sunglasses off my golden sunglasses off. So, well actually it might not be golden. It's quite big. Okay. So yeah. Um, so weird, you know, it's just like the universe shows me this stuff and says get a load of that, but it doesn't hold me in the place of repetition. It's almost like do that. You've done that. You've experienced it and then move on. So yeah. I mean, I think those were some of the things I laid on you.

Warwick Schiller ([00:38:08](#)):

Yeah. Do you remember? That was like, okay, that's interesting. So what is it that you do these days? And then we'll kind of go backwards and how you came to doing that

Kathy Price ([00:38:22](#)):

In what respect to mean into, I do.

Warwick Schiller ([00:38:26](#)):

Yeah. Point of balance that you call this thing point. What, what, so does someone come and see you for people who don't know, someone come and see you do it over the phone? Do you, what do you do?

Kathy Price ([00:38:38](#)):

Um, obviously before COVID people used to come and see or I'd go out, you know, within this country. Um, and I'd worked with horses and people, um, and then it would be a match. It's very, very rare. I put hands on, I work in the field, as I said, so it's, it's working around the system conditioning that space, um, the, the effect lasts for two or three days afterwards. So it's almost like they have more opportunity to sit in that condition space and receive, have the opportunity to, to find what they need. But of course, when COVID kicked in and I was doing more of this before I do everything became distance, everything became distance. And for me, it's no different. It's exactly the same. Because if you take the concept, which is sort of physics, that we're all energy and everything is connected and that within the energetic sort of formula distance has no meaning I work intention.

Kathy Price ([00:39:36](#)):

It is literally intention, attention, attention, actually, because my intention say I was going to work on Oscar. You were one of your horses, I'd say, okay, Oscar, hi. And I don't need to, I don't actually know. People ring me up with, with friends that are in hospital and say, can my technical term for what I do is zap. Okay. Cause it's so much easier. I zap people, um, and say, can I help? I sometimes don't know their name and I know they're in a hospital in London. I have no idea. But the fact is that that person has got in touch with me and says, they're friends. And that's enough. Um, my intention is working with your friend wherever they are. It doesn't matter. And, and so that's obviously if I know like your horse or something and I think, oh, Oscar. Right? Okay. So my intention is I'm going to help your, my, my intention is that I can help you by conditioning the field. My attention is it's, I'm doing it now. And the notation is I have no idea. I don't know anything, you know, everything. So it's not a case of, oh, you've got a bad right leg. Therefore you need to have something energy change there. I know nothing. The system knows everything. So yeah, that's what I do.

Warwick Schiller ([00:40:56](#)):

So when you, uh, I think you told me you started out doing Reiki, is that where all these things started when you started working with this energy stuff?

Kathy Price ([00:41:05](#)):

I remembered. Yeah. Cause I came back from lens clinic and as I said, I was completely confused. I didn't know what was going on. So I went to a local bookstore and was looking in the sort of self-help spirituality. And my eyes are lit on a book called Reiki for life by Penelope quest. And as the universe would have it, it opened on a page which, which described what some people experience when they have their Reiki attunement. And basically it was more of what I'd experienced at the clinic. So complete self-interest I had no idea really what Reiki was it wasn't like, I thought I'd be a Reiki master. I just read that description and thought, yay. So over the course of the next sort of 18 months, I did the three levels of Reiki became a Reiki master. Um, I practiced it. I wa I never taught anybody, but I did, you know, treat people and horses and I treat the sheep.

Kathy Price ([00:42:03](#)):

I treat the bowl. Anything that would stand still long enough. I was there, but with Reiki, there's a lot of ritual and there's a lot of, you know, you say words and there's symbols. Totally fine. But for me, not for me, cause I'm a lazy bugger. So it was, oh, there must be a different way. So then I began looking and I went through various modalities, trying them out and seeing if they fit it with me. And the one that I found that really did was something called reconnection healing, which came through a guy called Eric Pohl, who was chiropractor over in the states. And then he met this gypsy on the beach, she did something. And when he went back to being a chiropractor, really weird stuff was happening and he realized it could also be passed on. And so he developed this whole thing called reconnection healing.

Kathy Price ([00:42:53](#)):

And I read the book called reconnection healing, heal others, heal yourself. I cannot find when or where I bought that book. I've got no trace of it. It appeared, I don't know, could have been a link on a link on a link. I don't know, but that was about 2007. And I, um, I wanted to have, there's a big process that you can go through and there was nobody near me to do it. And eventually out of the blue, aha, the universe supplied me with somebody down the road. So I had what they called, um, the reconnection and I then went and did the course to become a practitioner. And you see me skeptic, you know, my skeptical side is very, very strong even now. And it stands me in good stead. But when I got to the, the, the S uh, seminar, 180 people they're divided into 63, lots of 60, I ended up in the group that Eric himself was teaching.

Kathy Price ([00:43:54](#)):

And on the last day when he was demonstrating the sort of the final part, he various people get called to be the Guinea pig, if you like. So he demonstrates, and then they go back and practice and he looked at me and he said, have you done the work he called me up? So even then the universe made sure I couldn't say, oh yes, but I haven't had Eric Paul work with me. It was like, yes, you have now gets on and do it. Just speak. Good little girl. So yeah, I just think the universe lines up for me and scattered around the face a few times, this, this year get over yourself.

Warwick Schiller ([00:44:31](#)):

And so that was the reconnective healing. Was that the, did you, from that point on, did you kind of take it and develop what you do now? Or was there more, was there other modalities that you tried after

Kathy Price ([00:44:44](#)):

That? No, that was the last one that I really stepped into because there's no ritual with it. There's absolutely. I mean, he makes this really big thing and he's hysterically funny when he teaches it about, you know, calling in all the angels and this nieces, the room gets so crowded. Cause there's all these people in there. Do you all then to help you and it's not dissing anyone, but he just sort of makes it lighthearted. And I loved it because it meant wherever you were. If somebody needed help, you could work. You didn't need to have, as I was say, your purple knickers on, because you had to be dressed in purple for them modalities at work, you know, you, you were free. So I went through sort of develop myself within that modality, but I got to about 2015 and quite rightly they were doing like, um, what do they call it when they, they sort of developmental within your profession and you were knee, you had to go back and sort of be reassessed on what you did.

Kathy Price ([00:45:39](#)):

And a lot of it didn't gel the way they were doing things. And that's totally fine. It's to do with me, not them and you know, no judgment, but I realized no. Now is the moment I had got to step into being myself. I've been, I didn't have the self-confidence before I needed a label or I am this, I've taken that exam. I've, you know, qualified in this. And therefore that's what I am. I had to sit in it and say, I'm Kathy price. I'm a farmer. You know, a teacher T I do account, but then, you know, have horses. But the main thing is the energy. And so that's where I went. Then I just became, I became Cathy price and much of being Kathy price all the time. But if you know what I mean,

Warwick Schiller ([00:46:26](#)):

You know? Yeah. I know what you mean. Um, I know in one of the earlier podcasts I had, uh, Leslie Desmond on, and there was a question I asked Leslie in that podcast because I said, I've heard a story about this thing happening. How true is it? Um, cause it's a bit out there, but you were the one that told me that story. So do you want to tell us, tell us the story you told me about what you saw at Leslie do in, in Norway or Sweden or wherever the hell it was.

Kathy Price ([00:47:00](#)):

It was Sweden. Yeah. Um, Leslie was really kind, she invited a friend of mine, a friend and myself over to stay with her in Sweden. And we would just play and horses. We were cutting our apple tree down and doing all sorts of, you know, it was just a lovely visit, but it was a walk. We were taking down the lane, one of the lanes by her house and it was beautiful rural. And there were, I think, four, maybe five horses in a field or grazing together. And she just said, oh, I'll call the brown one, the brown one we'll come here now. And she just stood there. She did nothing. And this all sort of looked up and went, oh Leslie, oh, you need me to come to you. And it just peeled off straight to her. If I saw it with my own eyes,

Warwick Schiller ([00:47:45](#)):

Is this, what

Kathy Price ([00:47:46](#)):

Can you say? It was as simple as that. And I mean, I know she's done other stuff as well, where she's led horses through herds, you know, a big group of horses that have been milling around and the horse has got no head collar on or anything. And that horse is walking behind her and almost jerking as though it has got a headquarter on that energetic connection is so clear. So I, you know, the clarity, but I've just blew my brain. I have no idea, no idea, but yeah.

Warwick Schiller ([00:48:17](#)):

Are there any other crazy things you've seen happen with her?

Kathy Price ([00:48:23](#)):

She is a witch. She is a witch. I mean, she

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

Just to clarify for listeners when Kathy and I called someone a witch, it's not a negative term. It's a positive term. Cause some people tend to think of it as a bad term, but uh,

Kathy Price ([00:48:41](#)):

Yeah. Thank you for that clarification. Um, she's definitely a white. I mean, she's just a lover to basis. She, she, her heart is so big and yeah, again, literally I met her, I just think 2004, I organized a clinic in Wales and she'd never even met me. So she off the back of Len's recommendation, she agreed for me to do a clinic. And I remember meeting her off the train in Aberystwyth and she had a lot of luggage with her. It was the beginning of a bank holiday weekend. It was warm. The place was rammed and managed to get all her stuff into my car. We went to the local supermarket and then I was going to take her to a nice, um, like organic restaurant to have some food. And I managed to park in a supermarket car park in the sun and thought myself really clever because I thought, you know, everything, it was milling with people and she just literally went, no, Cathy, this won't do we need to be parked in the shade because of the food I've got in here.

Kathy Price ([00:49:44](#)):

And she just went, there's a parking space, just outside the restaurant. We're going to, um, we'll go there. She said the pizza bloody Aberystwyth and I was of the mind time. I know we'll go with just, you know, whatever. So she was the one who taught me about parking angels because I drove around that really busy town. And they're in the shade. Two doors down from the restaurant was my parking space. Nice bit of parallel parking I was in there. It was like, thank you, Luke. You've now. And every time he went out, then it was like, okay. And I mean, you know, yourself, loads of people do it, but it was a whole new concept to me. But by the time I'd got from Aberystwyth halfway home, I told her practically my whole life story. And I remember thinking, why am I telling her this? Yeah, there was stuff there that I didn't really, I don't know what it is with your horse people. It's not, I'll just pull my guts out. Okay. It's uh, yeah. But yeah, she's, she's a very special friend

Warwick Schiller ([00:50:47](#)):

That whole parking angel thing. I remember listening to someone gave me, um, Napoleon, uh, sit in the Polian hill cassette tapes years ago, like my son was just born he's 24 now. So it was quite a while ago and it was the, the principles of personal achievement or something or other. And I remember in Napoleon hill, back in the day, used to talk about, he had his little helper who would go ahead and get

him a parking space right. Where he needed it. Same difference then. Yeah, exactly. Okay. Why don't we do our lightning round of questions here that might not be such a lightning round, but you've already answered question number one, which is what book do you recommend the most? And that was Bruce Lipton's the biology of belief. Okay. Let's go with number two. What was your biggest failure and how has it helped you

Kathy Price ([00:51:48](#)):

Not getting into veterinary school two years? Trying, the only way I thought I could help horses was to get into vet school, be a horse vet failed. And I had a, uh, there's a wonderful lady called Nicki Pattinson who helps businesses by looking at the people who work in the business and bringing them out, you know, airports, big, big stores, whatever, how to deal, uh, interview with her, you know, a session with her. And she looked at me and she said, you've come full circle. What are you doing? You're helping horses because part of point of balance is working with horses. So yeah, not being a vet was my best failure.

Warwick Schiller ([00:52:28](#)):

Okay. If you could spread, uh, one message across the world, one that people would listen to, what would that message say?

Kathy Price ([00:52:39](#)):

Oh goodness, you are the healer of, it's not, I'm not a healer. The only person, the only healer is the system itself because nobody can make you better. Nobody can make you change. If it, if you're lucky what you do, or you take a paracetamol, I brew for, you know, half an operation is appropriate and you heal, but that has not made you better. It has to be appropriate. And so there's no one thing that will make everybody better that's because the person themselves or the healer.

Warwick Schiller ([00:53:25](#)):

Wow. Okay. It's a lot to think about. Okay. What is the most worthwhile thing that you have put your time into something you've done that changed the course of your life? I'm pretty sure I know what this one's going to be.

Kathy Price ([00:53:40](#)):

Yeah. It's the energy work and off. Yeah. That's the, I had no choice. It led to me, the universe pushed me and I listened.

Warwick Schiller ([00:53:54](#)):

Yeah. That's the thing. That's a very common thing with all the guests on the podcast. If you really read between the lines a little bit is I would say every one of them learned how to say yes to the things that appeared before them. Um,

Kathy Price ([00:54:14](#)):

I think I've always been a person from a very young age. The different opportunities offered me. I say, yeah, I grab it. I can remember when I was at school that I had the opportunity either to go skiing or go to America over to California. And there was like, no, I'm doing that. So if an opportunity comes along, yeah, thank you very much.

Warwick Schiller ([00:54:38](#)):

Very good. Okay. What is an unusual habit you have or something out of the ordinary that you really love?

Kathy Price ([00:54:45](#)):

I suppose my unusual habit. I don't know whether you call it a habit. It's the happening is my horse. I've got now Teasel who came to me in the beginning, January, 2015 in August, 2015, for whatever reason, I felt the need to sit beside her with a book and a pen. And that was the first time I began to get all of these writings. It's like automatic writing. I don't know what I've written until I read it back. It can be quite profound stuff about time being cyclical and you can change the past. Um, so I suppose my weird habit is that I sit with my horse with a very lovely, um, leather bound journal and a pen. And I, um, listen and I write,

Warwick Schiller ([00:55:38](#)):

Yes, I've read some of those and they are quite profound. Um,

Kathy Price ([00:55:43](#)):

I don't know whether it's she leads me to the place or whether she's given me. I still haven't worked that one out.

Warwick Schiller ([00:55:49](#)):

Right. You're not sure if the downloads coming from her or it's she just takes you there. Yeah. Okay. So what accomplishment are you most proud of?

Kathy Price ([00:56:01](#)):

Oh God, I'd forgotten that almost. I mean, obviously you, their kids, grandkids, everything like that. Again, I suppose it is the fact that I've fully immerse myself. Totally. Well, it might be is that this present moment in time, I have complete peace in me because I know I'm where I'm meant to be. And there isn't a yearning to find another level. It's almost like this is enough. I'm not going to say it might not change tomorrow, but there's a real peace inside me. So accomplishing that feeling of peace and recognizing it is, yeah, I'd say that.

Warwick Schiller ([00:56:51](#)):

I'd say most people spend their life trying to find that. So that's a pretty amazing, and I love how you said that you, you know, you're completely at peace with where you're at, but I think you are also open to more.

Kathy Price ([00:57:10](#)):

Hmm. Oh gosh. Yeah. I mean, we always say the more you learn the less, you know,

Warwick Schiller ([00:57:15](#)):

Right. Yeah. You did get more answers. You just get more questions.

Kathy Price ([00:57:19](#)):



Yeah, exactly. And I'm loving

Warwick Schiller ([00:57:21](#)):

It. Awesome. Okay. What have you changed in the past five years that has helped shaped who you have become

Kathy Price ([00:57:29](#)):

Most definitely stepping into being myself that I'm not having the self-confidence of self-awareness whatever you want to call it to go. I'm okay. Being Kathy price. I don't need a label that, that for me, and that is five years ago that actually I stepped into that.

Warwick Schiller ([00:57:51](#)):

Oh, that hit me in the fields right there. Wow. Um, so those last two answers right there. I'm at peace. And what was the last one? You happy being Kathy Brian, happy being healthy price. Yes. Is, I'd say you've reached a level of awesomeness that, uh, people would, would love. Okay. So this one, this question is interesting. What advice would you give people who are about to enter your occupation? And then in parentheses, it says this one may be difficult. As many of us have occupations that are far from normal. And that question, you know, these questions come from Tim Ferriss, his tribe of mentors. But I think on this particular podcast that caveat about this one may be difficult as many as have occupations that are far from normal. So what would you say to someone about to enter your occupation? Whatever that might be,

Kathy Price ([00:58:49](#)):

I'd say, follow your path and know it is real because there are so many naysayers out there and I've totally respect their point of view. Okay. As I said, I'm not trying to convince anybody of anything. My experience is my truth. That's sort of where I live now. And so when I get feedback from somebody like I did a couple of weeks ago in Australia after doing a distance session, I don't know where she was in Australia. I knew name and that was it. And she said, how much difference there was in her? Um, how anxiety had gone away, how her own, um, psychologist over the phone recognize there'd been a massive shift. This is real energy. Medicine is real. And if you feel it and that's the path you want to follow, do it, don't let the tractors knock you off. Say, oh no, it's a load of garbage. It is real. And whatever is appropriate for you to

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

No, you and I are both fans of Dr. Joe Dispenza. And we actually, couple of years ago, you and I, and my son, Tyler went to a, a one day Dr. Joe Dispenza and Gregg Braden seminar in London, which was pretty cool. But you know, in the front of, in the beginning of his book becoming supernatural, Dr. Joe talks about just that. He said he, he used to want to argue with, um, his detractors and people who wanted to disagree with what he's saying. And he said, I got to the point where, um, I'm not interested in having an argument. I, if you don't believe me, you don't believe me. That's fine. He, you know, he, he wants to spend his time working with people who are open to what he's, uh, on about. Cause you, you can get distracted and I've found this too. You can get distracted trying to defend your position. And it takes away from your, the energy you could put into helping people who are open to what you are on bed.

Kathy Price ([01:01:07](#)):

Yeah. I totally agree with that. It's when you can just accept other people have different points of view. And for me, it's really easy because I came from that point of view. So I totally understand. And you know, someone told me that this is what I've been doing. Yeah. I don't think I know what I just said. And it might not be very polite, but, um, yeah. I, I totally, I understand that on that, that's what it is, is just be your own truth and of,

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

Okay. So where do you go or what do you do to relieve stress or recharge your batteries? Or where do you find the motivation or inspiration for what you do?

Kathy Price ([01:01:56](#)):

Oh, okay. I love walking. You and I have had conversations and then I've gone walking with Farsi, my little dog into the forest, behind his stuff for SPE forestry foundation, whatever. Every time I walk that walk in the morning early morning is when I get insight, how many recordings I've made of, oh my God, I've got this. I remember after you told me about, um, reprise eyes it since podcast, and you described some of the stuff that had happened. And I was buzzard. It was like, oh my goodness, my walked out. And it was on that walk again. So many insights came to me. And the biggest one was that the, the most powerful thing we have is love. It's that that's the root. And the thing is, it's not about love, sort of, um, personal love, love of another person, you know, where the emotions go and you get the heart flatter and you have the oxytocin.

Kathy Price ([01:03:08](#)):

That's all beautiful and wonderful. But for me, the state of love, the, the being of love, the place of love, it's acceptance. It's um, it's connection is empathy. It's patience. It's seeing the other person is hearing the other person it's, um, gratitude is gentleness. It's every quality of that ilk that you can find that to me makes up what love is. So if you think about it in the sixties, make love, not war. Yeah. Okay. That might've been one sort of, um, meaning of it. But if you go into the deeper aspect of what love truly is, non-judgment if we actually stepped into any and all of those qualities, think what a different life we have. So for me, sorry that got off the, off the track of where do I get my inspiration from it? This is what happens when I go on walks stuff comes to me in the most amazing way. And then I try and relate it back to my work.

Warwick Schiller ([01:04:27](#)):

Yeah. Don't apologize for getting off on that rant. Cause that was amazing. I was in, I was having a moment feeling that well, yeah, that was very cool. Yeah. That's that whole Rupert Isaacson podcast. And he, you know, Rupert talked about that.

Kathy Price ([01:04:46](#)):

Yes. Then when I listened to it, he, towards the end, he kept saying, and the answer is love and the answer is love. And the more I've sat in that, the more I thought, oh God, it's so true. And it's not, the trouble is love is a much overused word in some ways. It's lovely. People use that word, but it's the meaning of, of that true being of love of all of those different qualities for me, that it makes my hands tingle. Just thinking about it,

Warwick Schiller ([01:05:17](#)):

Body tingle, thinking about, um, yeah, it's all it's, you know, it's, it's the whole connection thing. We're all one, we're all connected. There is no you and me sort of thing.

Kathy Price ([01:05:29](#)):

No, this is okay. I am going to dive. I'm going to do a rather long answer now. Sorry, but this, you lead on there beautifully to my favorite scientist. And I seem heroine, who is a quantum physicist who taught himself about quantum physics. And he talks of the holographic universe where every proton in our body contains the information of the whole universe. So if you think of ancient texts, so many of them say about, look within to find the answer, look within. So you have that aspect of it, but you also have the aspect of whatever I do to another person I'm actually doing to myself, that there is no division. As you said, we're all connected. We're all energy. And I love her and I, the way he describes the field as a, you know, because people say, well, how, if we're all energy and we'll all connect to how on earth is there matter?

Kathy Price ([01:06:28](#)):

How is this, how am I sitting on the bloody chair? How can I see you? And his description of, um, how matter might come about. And again, I don't know all the pros and cons, I'm only relaying in the best way I can. What he says. You imagine a bath of water, all of the water molecule and the plug is in all of the water molecules are randomly moving around. You know, if, if there was no wind or anything like that, they're just being, they're just randomly moving. But the minute you pull the plug and gravity comes into play the water. As it goes down, the plug hole becomes ordered. It spirals, you know, depending if you're north of south hemisphere, whichever way it goes, but it spirals. And for that moment, as it goes down, the plank hole, it becomes ordered. And here's that SIS analogy of how matter is formed out of the field, where you've got these plunk energies, tiny EMS.

Kathy Price ([01:07:22](#)):

And it's the case of that, the gravitational forces. And again, I'm using the wrong words and I've no doubt there's businesses. So the wrong word, but gravity, if you like is working on space time and it orders the field. So that instead of it being just a massive of energies, moving in any which way it becomes ordered. And that becomes the, the physical being, whether it's a tree, a plant, a planet, a person, and, and an amoeba, whatever. I mean, that's a whole nother discussion, but it's about the fact that we are experienced in universe that sorry, the university is experiencing itself through us in a relative and unique viewpoint. Okay. Because we're all different. So if you and I looked at a tree, we'd say, we're looking at century, but we're not because a we'd probably have a slightly different angle. We're looking at it.

Kathy Price ([01:08:23](#)):

But even if I looked at the tree and then you came and looked at the tree time has changed. There's been a lapse. And also our perception of the tree is probably colored by our experience and we've lived different lives. So when we look through our eyes and I mean, there, the other thing about seeing something like that is that it's so dependent on our brain because it comes in upside down and it gets changed round. And then it goes to the restroom then up to the visual sites and then it gets transmuted. If you like into something, we understand. So the fact that we are informing the universe the whole time, I don't know, we just love it because it's that. Oh, sorry. I just, it just blows my brain slightly

Warwick Schiller ([01:09:14](#)):

Little, a bit excited about that idea, Kathy.

Kathy Price ([01:09:17](#)):

So calm down. I'll have a drink of water or a coach out what are the two?

Warwick Schiller ([01:09:23](#)):

Okay. So what do you feel? I mean, you've probably covered this, but what do you feel your true purpose in the world is?

Kathy Price ([01:09:30](#)):

Yeah. To inform, to help people. Okay. It's to help people, not only me help them, but know that they can help themselves.

Warwick Schiller ([01:09:43](#)):

That was very concise. Okay. What is one common myth about your profession or field that you wanted to debunk?

Kathy Price ([01:09:53](#)):

I think that's much the same, as I said before. It's real that, that, um, so many detractors will say energy medicine does not exist. Um, and the thing that gets me is because I work with horses a lot and at distance and they change, they don't have to believe they don't know I'm there. They, you know, it's not some will say, oh, it's the placebo effect. I'd say, yes, thank you very much. That's what I want it to be the person healing themselves. I have no problem with you saying, because I'm working with somebody, but when you look at horses and you know, I did an experiment with a friend of mine who lives in New Zealand and he was treating six horses. And I said, you put your hands on them and, um, see what you feel. So he might have felt that the right hind was tight or they were timed at the pole, whatever, step back, let me know, step back.

Kathy Price ([01:10:47](#)):

I'm going to zap for five minutes. You put your hands back on, see if there's a difference. And then he said to me, right, let's mix it up. Don't zap every horse. And I'll see if I can pick out the ones you, once you didn't. Basically I zapped one, two and three. Number three was massive. My hands were jumping off four. I didn't do five and six. I did. He reported back one. He thought I'd done that. He said, I was just getting the feel of it. You said you definitely did. Number two, number three, complete change in the horse. Number four, you didn't treat number five. You did a number six. You did. And that's 12,000 miles away. I didn't even know where the bloody horses were and people say, it's not real. It's real. So that's what I'd want to debunk.

Warwick Schiller ([01:11:42](#)):

What is one common myth about your professional field that you want to debunk? It's real. That's it? Okay. Good answer. So in the last five years, what have you become better at saying no to?

Kathy Price ([01:12:00](#)):

I think it was, I felt obligated in some way. It's really strange the healing inverted commas industry that, oh, you can do it. Therefore you should do it and you shouldn't get paid for it. It's a gift. And I know

when I studied reconnection healing, there was a massive part of the course was about valuing, valuing yourself. And that may be one session of reconnection healing. You know, what you do can change a person completely. So why wouldn't you charge for it? You know? And the more people you work with and if you get paid for it, it means you don't have to do anything else. You need to help more people. So there's this really strange, um, mindset around the healing arts. I put it that way. So for me, it's to know my own value again, and that just because I see so I can offer it to whoever I like. That's my gift. And that's my joy, but it's not that I should feel obligated that oh, that person's in need. Therefore I have to.

Warwick Schiller ([01:13:05](#)):

Yeah. I don't think it's just with the, the healing arts either. I think it's, I think it's anything that, I mean, you know, you're a farmer and you're doing it on the side sort of thing. And I think it's anything that you, uh, passionate about that you would do for free that you can't, then you almost feel like bad for, for charging me, for training horses. Hell I would do it for free. And so you, you tend to undervalue, um, you tend to undervalue yourself a little bit.

Kathy Price ([01:13:43](#)):

Hmm. Yeah, I think that's it. But yeah, that's, what's changed.

Warwick Schiller ([01:13:47](#)):

Yeah. That's a great question. You know, what have you become better at saying no to, because I think we all have some people pleasing tendencies and we feel like we can't say no to certain things. And as you, I think as you grow and, and come into who you really are, I think that starts to change. There's been a number of people that answered that question than I really liked that question. Okay. What quality do you admire most in a person love and laughter

Kathy Price ([01:14:22](#)):

And love being the broad term, right?

Warwick Schiller ([01:14:26](#)):

Yes. Okay. Now the question that everybody has answered, what is your relationship like with fi

Kathy Price ([01:14:36](#)):

I have to say I, yeah. Um, okay. Yeah. It will either inform you or protect you. I think that's the most simple way. So if you have a fear of doing something, you know that as you can see, I'm very afraid of public speaking. So say you had a fear of, of, of that. That's an information and that's something you work with and you can go, okay. Awareness to me is key. But when you realize what's behind, um, uh, a behavior or a pattern or a reaction, and you have that awareness, that's when you can work, that's when you can find the way through. So for fear of doing something, that's not going to physically kill you, I'd say that's, uh, that's relationship. That's informing you. And it's given you a way through, obviously the fear of like when I was on top of that. Okay. And then it might blow up. That's a different ball game. You get out of there as fast as you can. And you protect yourself. You know, you, you take an action to, to keep yourself safe. So I'd say inform or safety

Warwick Schiller ([01:15:52](#)):

Sounds a bit like 10 years, the answer to fee, which was there's two types of fee or the fee you should be afraid of in the fee. You shouldn't be afraid of.

Kathy Price ([01:16:02](#)):

Well, there you go. Yeah. Same, same,

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

Same thing. Okay. Do you have any regrets you'd be willing to share with the world and what did you learn from those regrets? And I think this is probably a different, um, different question than what was your biggest failure and how's it helped you, these ones, these are more that regrets. Oh goodness.

Kathy Price ([01:16:30](#)):

You did ask me to ask you all the questions, you know, no way. I'm really pleased, but I haven't practiced. Um, yeah, I suppose the regret, the one regret that I might have, and this is actually comes from something quite recently, is not acting on keeping in touch with people. When I, when I think of them because what's happened was of course I had a very dear friend who lives 60 miles away from here, lived 60 miles away from here and say in 2019, it was a case of, oh, I really should go to see, I really should go and see her. COVID struck 2020, she died. Didn't get to see her. And so for me, that was a regret that I didn't act positively on that thought. And that has actually made me change the way I've been, because I have physically sat and got in contact with people that I thought I haven't spoken to them for a long time. I'm going to ring them. So yeah, that would be a regret. But that's what I've learned. Don't put off to tomorrow what you can do today. Wow.

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

Okay. What's the luckiest thing that's ever happened to you? Oh God too. Do you know what it is? It's being me. Good answer.

Kathy Price ([01:18:04](#)):

Well, it encompasses everything. It's not to say there wasn't along the way as well. But yeah, it's being me. I'm bloody grateful.

Warwick Schiller ([01:18:15](#)):

You did say before that you, one of the things you're doing is, is I dunno, just being comfortable being you or just being you

Kathy Price ([01:18:26](#)):

I'm happy, but yeah. Yeah. So yeah. I'm lucky. That's my luckiest thing.

Warwick Schiller ([01:18:31](#)):

Wow. What did you want to be as a child that you wanted to be a vet? Oh, I thought you said that.

Kathy Price ([01:18:42](#)):

So yeah. That's yeah, that was the only thing drove me the whole way through.

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Warwick Schiller ([01:18:48](#)):

Okay. And lucky, last question here. What do you think it means to be a leader and a follower? Oh goodness.

Kathy Price ([01:19:00](#)):

I should know. Cause a number of months in this question,

Warwick Schiller ([01:19:05](#)):

But we don't want their answer. We want your answer.

Kathy Price ([01:19:07](#)):

No, but I should know that this question is amongst the questions is what I'm getting. Um, well, from my own personal experience, a leader is someone who has empathy with the follower has knowledge they're willing to share and is also willing to put themselves in the place of the follower. The follower respects the leader or the qualities they show. If that makes sense, makes a lot of sense. Good

Warwick Schiller ([01:19:45](#)):

Answer. Good answer. Okay. Well that brings us to the end of our 20 questions. Um, so if people want to learn more about Kathy price and what you do, where, where does, where do people find Kathy price?

Kathy Price ([01:20:01](#)):

I have a website, Kathy price.co.uk.

Warwick Schiller ([01:20:05](#)):

Um,

Kathy Price ([01:20:06](#)):

Kathy with a K I S yes. Thank you. Yes. I get so used to it and I always thought price would be a name. I had a Polish surname. Okay. Which nobody had ever heard of and always got spelled incorrectly. And when I became a price, I thought, yay. They're never going to spell that wrong. Oh, how wrong? I was. There's so many ways. Yeah. There's P R Y C E there's P R Y se, but I'm a P R I C T E. The normal, the price is right. Okay. So yes. So Kathy price.co.uk, and then Facebook, I've got point of balance with Kathy price. I've also got my own Catholic price, someone also on YouTube

Warwick Schiller ([01:20:48](#)):

And what's a YouTube channel,

Kathy Price ([01:20:52](#)):

Kathy price. Uh, yeah. Um, I can't remember. I did. I want to say thank you to some of the people out there who have been so kind, I put a plea out, but if they'd follow my YouTube channel, I could actually give it a customized URL, which I can't remember. Now it's Kathy price 3, 3, 3, I think at some stage. But, um, so many lovely people jumped on that within a few days that I had enough followers that I could change my URL. So thank you, people appreciate it.

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Warwick Schiller ([01:21:19](#)):

That's awesome. Well, Kathy, thank you for joining me on the podcast and thanks for sharing some of the stories that have amazed me.

Kathy Price ([01:21:28](#)):

Well, it's my absolute pleasure, uh, reviews. And thank you for your friendship because it's, you know, I see a kindred spirit. You've been on a very accelerated, I've taken 20 years to get here and you're like, whoa, I know we're all on different paths, but you know, you do amaze me the speed with which you find these new things and incorporate them.

Warwick Schiller ([01:21:51](#)):

Yeah. Well, I was just late to the party. So I've got a bit of catching up to do so. Thank you again, Kathy and few guys at home listening. Thanks so much for joining us on the podcast and we'll catch you on the next episode.

Speaker 1 ([01:22:05](#)):

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