

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

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program.

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

Good, everyone, welcome to the journey on podcast. I'm your host Warwick Schiller. And the last podcast I did was with a lady named Terry Kuebler, and Terry is a, an animal trainer was an animal trainer for movies. And I was introduced to her at a horse expo here in California, recently by a friend of ours named Laurie. And Laurie also introduced me to another lovely lady who is my guest on the podcast today. And this lovely lady's name is Carla bauchmueller. And Carla is originally from Germany. She has a master's degree in economics, was trained, uh, in riding horses in the classical German training system became very involved in Sally swift centered riding. So she teaches that, but she also has a, um, a huge background in meditation, yoga, personal development, and mindfulness training. So, you know, she's German. So she's pretty, uh, uh, left-brained analytical and, but she's got all this other woo right. Brain stuff going on. So she's a perfect combination of both sides, I think. And I can't wait for you to guys to listen to this, uh, interview I did with the lovely Calabasas, Carla, welcome to the genuine podcast.

Carla Bauchmueller ([00:02:01](#)):

Hello. And thanks for having me. I'm really happy to be here.

Warwick Schiller ([00:02:04](#)):

Oh, I'm excited to have you here. This is going to be a fun conversation. Yeah. So I figured we would probably start out by jumping right into what is it you are doing these days. And then what we might do is, is backtrack a little bit and, um, figure out how you got to where you are from, from when you came. So what is it, what exactly is it you do these days?

Carla Bauchmueller ([00:02:28](#)):

So I mainly work with female clients, female horse riders who own their own horses. And most of my clients are over 40 and they just really want to connect to their horses more deeply, right. Like on this, in the saddle and on the ground. And I think, um, what my, what I, my specialty is, is that I focus on the rightest side of the equation. Right? I am looking at the physical body. How does the rider have to organize herself? What does she have to understand about herself? And how does that communicate with the horse, but also the emotional side of it? How do I handle fear? How do I handle frustration and self-doubt and things like that as a writer. And again, how does that translate to the horse and how does the horse respond to that? And what can I learn from the horse on the way? And then also the mental side, how do I focus as a writer? How do I really use my energy as well? And this, the energetic side of things is really what I'm also super excited about, because that is where the subtleties come in. I, and that's also a lot of what you've been talking about, but what do I do with my own energy and all the horses pick up on these sites?

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

Yeah. I really think what you, from what you just said from what you're teaching people is, is, is not just horse riding scuff stuff, cause that's relative to every part of your life of their lives, you know? And, and it's interesting, you said you work with women who are over 40, you know, because of, um, you know,

like YouTube and things like that that have liked it to have analytics on them. We can look at those analytics and for the most part, anybody that does what I do demographic is basically 35 to 65 year old women with a point in the middle of that, which is be, brings us to about 50, you know? And so, yeah, it's, it's, um, that's, the demographic is quite the same for what I do is for you to

Carla Bauchmueller ([00:04:34](#)):

Yeah. 42 85. So that was Fido's 85 and he's actually a male, but lots of my women are next 70 plus. Right. And they are, they are really engaging with the horses. They are ready to learn about themselves and they ride on a daily basis. And I think that's,

Warwick Schiller ([00:04:55](#)):

You know, it's, it's inspiring, but it's almost a little sad at the same time to where in our society, you know, they're at 75 and they want to learn more about themselves because that's not necessarily, um, you know, it's not taught in schools. This is not stuff that, that we are taught at a young age. It's kinda, you know, you almost got to have a few midlife crisis crises before you decide that that's, uh, that that's important. And, uh, I imagine the earlier you have your midlife crisis there, the better, you know, I'm kind of late to the party, but, um, you know, some people, a lot of the stuff that I've been looking into from what I've read, people tend to go through it in their early thirties, not their early fifties, but anyway, I'm just 20, 20 years late to the party.

Carla Bauchmueller ([00:05:46](#)):

Yeah. Yeah. It's interesting that you mentioned midlife crisis because I think that's, that's really an important part when we, when you either crisis, then you start asking yourself questions about your life and where do I want to go and all this. And I think I probably had my first midlife crisis when I was 60. And so [inaudible], That

Warwick Schiller ([00:06:09](#)):

Explains, it explains quite a bit, I would say. Um, so that's what you do these days, but, and you also, uh, in your, in your teaching, so some of your stuff read, you know, read your website and stuff. And so a lot of the, the writing posture body part under settled came from your certification through Sally swift, is that correct?

Carla Bauchmueller ([00:06:38](#)):

Yeah. That's a really, really big part of my teaching of it because it really goes so deeply into not just the physical, but also the mental side. And I also took it to a two year full time training. I don't know, question center in Germany and they focused on the writer side as well. And, um, and they, we did a lot of work on balance and the people at Vinny did lots of unmelted exercise. And that was 30 years ago. That was when it wasn't that popular yet to do things like that. So that was really among the first who really did that while we were, you really had all these people around us in a circle, we did Wal-Mart exercises and explained things where to would, and haulers were home. We've got people on the wooden walls first and that explain how to all the rains and how to do this and how to do that. And that's what really saved the horses, the mess and the horses also that time where the rider has to figure out.

Warwick Schiller ([00:07:34](#)):

Right. And the other part about you that's really, really interesting is you went to India and learned how to be a Yogi. Yeah,

Carla Bauchmueller ([00:07:45](#)):

Yes. Yeah. I did that. My yoga teacher training in India, um, which was really exciting time. It was not that long was a couple of weeks. Um, but then I also spend a lot of time in Australia and in America and in the us to, um, work on regression and meditation. And that was, that was three years actually. And, uh, in the end was four years full time training in that. So I've, I've spent a lot of time abroad, but India is definitely, it's just a really fascinating place. And when you are in a yoga school in India and they get you to visit temples and you're meditating temples there, you've, you've got a different angle into the culture and into the life of, of the yoga life. Right. So that was really fascinating. Do I need to,

Warwick Schiller ([00:08:36](#)):

Yeah, I have a, I have a goal to go to India one day. I'm actually currently reading Jay Shetty's book. Think like a monk. What an amazing have you ever read that? It's an amazing book. I would recommend anybody listening to this podcast. You want to read a good book? Jay Shetty's book think like a monk. Um, yeah, pretty amazing stuff. I don't know if you get done who Jay Shetty is. He grew up in, in London, uh he's of east Indian descent, you know, and in his, uh, you know, in his family, you were either a doctor, a lawyer or a failure. He ended up, he ended up going to India and, and, uh, living in an astronaut for three years, I think. And, uh, he now lives in LA and he's, he's married. He's not living the monk life now, but yeah, amazing.

Warwick Schiller ([00:09:23](#)):

And I think one of the reasons he might be such a good teacher is because he didn't just leave the monk life. You know, I sometimes feel that people are maybe just live the monk life, have a hard time relating to your average or average person. Whereas he's now living the life that we live in, in, in this culture. And so he can draw on lessons. He learned as a monk and help it, you integrate it into, uh, what we're doing now. And that's the thing that fascinates me about you to, you know, like I said, he grew up in London and you're either a doctor, a lawyer, or a failure. You grew up in Germany. And from my experience, Germans and gyms are pretty, uh, left brain, you know, like German engineering, German automobiles, it's all very dot the I's and cross the T's. It's all very regimented and very structured and you have from Germany and you've got, you know, you've studied this, this other stuff, the yoga and you're into, and you mentioned regression and to go tell me what that's all about. I don't want to go into that too deeply yet, because I think we'll get into light of, but what is regression?

Carla Bauchmueller ([00:10:35](#)):

Yeah. So, um, regression is when you, basically, you go back to your past and that past can be yesterday, or it can be your childhood, or it can be a past life, or it can be times between lives. So you just allow yourself to drop back into the past and you feel into the emotion. At least that's the type of regression that I do. You feel into the emotion that you experienced in a certain situation, you really go really deeply into that emotion. And then you see how that affected your life after, right? So let's say something happened in your childhood and you had a traumatic experience of some sort. How did that change you? And how about that affect the decisions you made in your life? The things that you did, the things that you experienced in your life.

Warwick Schiller ([00:11:35](#)):

Uh, I just had to have a bit of a laugh in the middle of it. Cause I was just talking about, you know, in my experience, Germans tend to be a little left brain ish. And then in your German accent, you're talking about past lives or time spent between lives. You know, it's, uh, that's a very Buddhist Eastern mysticism way of looking at things and that combined with your, your German accent is just fascinating.

Carla Bauchmueller ([00:12:07](#)):

Yeah. It's yeah. It's, you know, I think that's, that's something where I actually, in my life, I have often times have the, these two sides of things like in the, or things that I focused on well, and two, sometimes really opposing sides was that I had to bring together and yes, I definitely feel my German nurse. I am a very structured person. Right. So, so I feel that, but there's also something there's some good parts about it, but there's also obviously something that you have to overcome, right. When you are, when I, when I stayed trapped in that German NDIS and, um, you know, you can't really open up other things and this opening to these other experiences, that's, that's definitely something that I've always been fascinated by. And then when I started talking about these things and being fascinated about these things, like about 20 years ago, when you talked about past lives, the, or animal communication or things like that, then in Germany, everybody would go like, oh, if they have somebody that's really strange, what's she talking about?

Carla Bauchmueller ([00:13:11](#)):

And I think that's a reason why I kind of held back with this for quite some time. And I don't really talk about it that much really, because I think it's in the beginning I was holding back. So I thought, okay, I want to, I'm a professional trainer and instructor, and I have a certain quote, unquote reputation and, um, you know, and, and past lives and things like that and spaces between guys, they need some background, they need some context, they need some explanation, Brian that's that's um, yeah, but that's been a journey too. Yes.

Warwick Schiller ([00:13:45](#)):

Well, you're in a safe space here, cause this is, I think this might be podcast number 48 or 50. I can't remember which one it is. And um, you know, people keep listening to them and we talk about a lot of this stuff. So there is, there is a space out there that is definitely, um, interested in all those esoteric type things. So you're in, you're in the right place. You can, you can spit it all out, but let's, let's go back to the beginning. So let's, let's, you know, let's figure out how you got here, cause I'm sure that journey itself is pretty interesting. So you, you grew up in Germany and did you ride horses as a kid?

Carla Bauchmueller ([00:14:28](#)):

I rode less than a horse. I started writing as a kid, but, um, my, especially my father is not into animals at all and my mom loves and loved pads, but, uh, so they weren't into horses at all, but I started horse riding on this and horses, just, you know, one lesson a week. And then whatever I could afford was like then up to two or three lessons. So that's how I started. And I in the German system, which is redistrict and I got yelled at a lot as a kid. Right. And I guess he'll stay down and uh, why don't you sit straight? Things like that. So, so yeah, that's, that's how I started and I just loved being around them, but I also felt that something was missing. There was, I couldn't really have the connection that I really wanted to have them to them.

Carla Bauchmueller ([00:15:18](#)):

And I went there early, um, to just groom them and hang out. But like, everything felt so restricted and we had to use site rains and um, we had to keep the nose we've been really tired and things like that. And I was like, there must be a different way. There must be more that, you know, it's just really yearning for a different connection to the horses and yeah, and then I studied economics. And when I was done with that, I wanted to go back to my childhood dream and check out if that's really what I wanted to do and avoid with horses and people. And uh, then I took this two year full-time training to learn more about riding and people and how to teach. And that's when I, the first time I went to that place, they, there was a demonstration with someone just writing was a neck rein, right.

Carla Bauchmueller ([00:16:13](#)):

Once it's too many people do now. But in Germany at that time we talked when we were talking 30 years ago, the only way the only kind of writing that I knew was either dressage show jumping, right? You always have some kind of English saddle on the horse. You always had some kind of ride on them. So someone in a Western saddle was no bridle and Dustin, Nick rain, and then galloping over his field and stopping the halls with no brains. As I have been told, you cannot control the halls without your nose bent, being super tight, tie your nose back then you always went bald, was you. And, you know, it's, that's what I have been taught. And then suddenly there were people, riding was no tech at all. And that was like, wow, this is what I want. And this is, this is the type of connection that I want with the horses as well.

Carla Bauchmueller ([00:17:00](#)):

And so I took the training there. Then I started doing out writing as well, which is really beautiful thing. And then I also started doing more work on myself. And when I then understood about meditation and all the things so we can do with AF I think I started understanding that that changed my relationship to my horses, why it's so similar to what you've been talking about, new journey. They've when we start working on ourselves and potent Sunday, we get that response from the horses and they want, they want that connection to us more. And they are feeding into that energy that we are excluding when something changed, it changes in Austin. I was like, wow, this is really exciting. I have, I, that's another way to work on myself. And at the same time, more deeply to the whole thing. And at the same time, learn how to teach people to do that.

Warwick Schiller ([00:17:56](#)):

Well that's so you've, you've always kind of, you know, like, like you said, from the very beginning, you've, you've sought out that connection.

Carla Bauchmueller ([00:18:04](#)):

I've always found that one did more. Right. There's always, and I think that's still, I still, I still feel that it's more right. There's still more than what we have now. There's, there's so much to explore and that relationship and I have found that really early on and I also felt early on in my, my own development. There must be more, there must be something like God or something spiritual or something, something must be out there. And so I started searching early on like actually, like, I think I started searching when I was 10 or something. Right. I was 20. I wanted to find out what's what's out there. What's what's what is that all about? And why are we on the planet? Like my, my purpose in life. That was my biggest question. When I was a teenager, I was like, why am I here? There must be a reason for all of this to work together. He must have a purpose somewhere. So yeah. And that's, that's a lifelong thing too, right. To find out what your purpose is. I don't know. There's a really straight forward answer to that.

Warwick Schiller ([00:19:10](#)):

So that must've been, you know, a big part of you because I'm guessing that these probably weren't questions asked in your, in your family.

Carla Bauchmueller ([00:19:23](#)):

Yeah. Yes. So, so my parents weren't, um, religious or spiritual at all. I think they believe in something. I sometimes have conversation with my father about it says, you know, I've been leaving something, but it wasn't really structured. Anyway, I grew up Catholic, but that was just on the paper. Right. It wasn't really, we weren't really doing anything. Um, and, um, and so it was more like, you know, the, uh, kind of intellectual European middle class household. Right. That's, that's what my parents are very like educated people. Um, but you know, not, not very much into a religious or religion or anything like that. And then, but I felt like there must be something. So I actually started going to church on my own, like as a, as a teen young teenage and I would have a 10, 11, something like that. So I started going to church on Sunday mornings, you know, and I drank a teenage out of bed on Sunday mornings.

Carla Bauchmueller ([00:20:24](#)):

So I was, I went to church, um, and I did that for a year. So I was really searching. I was sitting in church and was like, I want some kind of experience. I didn't even know what I was looking for, but I, I wanted to understand this whole thing. I want to understand more about life. And then the answers that I got there, wasn't really one the answers to my questions. And I was like, this is, ah, it was far too linear. That that type of God was more, that was like a, a tie like my, my father just in bigger and more powerful. But that was, that was kind of, even as a kid, I found that that was too, too linear and it didn't really answer my questions.

Warwick Schiller ([00:21:09](#)):

Yeah. I still, I grew up Catholic too. And I used to sit in mass thinking about riding my horse. Exactly. So you mentioned, what does your father do by the way? What did he do?

Carla Bauchmueller ([00:21:24](#)):

He's a manager. General manager. Okay.

Warwick Schiller ([00:21:27](#)):

Um, you mentioned that you got an economics degree. What is your degree?

Carla Bauchmueller ([00:21:33](#)):

It's a master's degree in general management. Okay.

Warwick Schiller ([00:21:36](#)):

And what, what led you towards the economics degree?

Carla Bauchmueller ([00:21:44](#)):

Yeah, so when I, um, was about to finish gymnasium on, it's kind of quite a high school college in Germany, and I had to decide what, what job I wanted to do and what profession I wanted to choose. I wanted to do something with horses, right. I, I had, I actually had already applied to some places

without telling my parents. And I really, I was, I wanted to do a host. I was awake. And, um, my father found out that was not a great conversation. And he was shocked. He was like, you have, are too small to do this. You'll be picking who's all your life, whatever you think.

Carla Bauchmueller ([00:22:27](#)):

Uh, and, uh, well, and uh, he said, why don't you like, look at other things, at least look at them, right? Don't, don't ignore other options that you have, and you can go to university and all of this. And I was like, oh, okay. So what else would I want to do? And I'm, I was really, I wasn't environmentalist as a kid. Really. I really wasn't. I was so concerned about the environment and we had this acid rain and the, you know, things like that going on that really scared me as a kid. And I felt, and I still, it still scares me. Um, and I felt I want to do something for the environment. And I would love to work on projects that are environment mental project. And so I decided to study general management to go into that field. And actually my last paper I wrote on Greenpeace and, uh, the, like the things that big piece did at the time.

Carla Bauchmueller ([00:23:26](#)):

And, um, so yeah, that's so, so that was the idea behind it. And I hated it. I hated the studies, like general management and all the like university Tam things that wasn't, wasn't my thing at all, but I made it, it's made its way to the end. And I wrote that final paper about Greenpeace. And then I felt, no, this is such a, oh, we are in a position where we would have to change things so drastically around the environment to really make a change. And I did not see that happen. And I felt I would really be putting myself 40 into ed, like all of what I have without really seeing that I could really make the change that I wanted to make. And now I've gotten, I was putting back a bit out of that. And then I decided to do the two year training. This full-time last writing training at that bond at that request in alternative as a question and center, because I said, I said to myself, when I've done these two years, then I know if I want to do the analysis or not. And that's, that's why I did attend. Um, yeah, no, I mean, yeah, I'm still a 30 years data. I'm still loving it. I think it was a good decision.

Warwick Schiller ([00:24:42](#)):

So it sounds like you're, um, you know, you said when you were younger, you wanted to have a connection with the horses and then it sounds like the environmental stuff is, is more like a connection with the earth. And then you took that connection and went back with the horses again. Yeah.

Carla Bauchmueller ([00:25:00](#)):

Yeah. I agree. That's um, and it, it really added to what that was hand in hand. Right. There's because the horses really create that connection to nature for us as well. We have to understand them. So we have to bring ourselves into a different position. And then my dream was always to be able to ride on a horse through the woods and just, you know, explore things with your horse and things like that. So, yeah, and had all kind of crazy ideas of really exploring nature that way too.

Warwick Schiller ([00:25:32](#)):

So you did the two year, I like what you call it a second ago, the alternative alternative writing course. And then where did you go from there?

Carla Bauchmueller ([00:25:46](#)):

Um, I spend another year. That's that place? That's kind of a noise. A, um, yeah, it's just, it's still good teaching some clinics and things at that place. And then I met my husband, my then husband, and we bought a place to ourselves and we had a dental ranch for ourselves for almost 15 years. And so I did, I'm a host in Germany now and we actually, you know, and that's, again, something while we went against the stream and it was just after the wall fell and I grew up in west Germany and, but we bought a place in east Germany. So we moved to east Germany. So everybody was moving from east to west, but we went, took the other route because we had more nature around a dime was still more affordable and out of town. So we had decided to go there and we would spend about 15 years old and basically middle of nowhere, as much as middle of nowhere you can get in shape. And

Warwick Schiller ([00:26:45](#)):

That must've been a pretty tumultuous time. Uh, how about, so how old were you then? 25. Oh, so you remember quite well, you know, the, the, the wall, wow. The wall coming down was a big, big deal. Did that help, you know, what were your thoughts on what were, what will in living in, in west Germany, what, before the wall came down and then when the wall came down, what were the, what were the thoughts on, on most of most people in Germany at the time

Carla Bauchmueller ([00:27:24](#)):

I felt, and I guess most people felt that way, that, that wasn't even a possibility. Like we didn't think that that was possible though. These things were all happening or these changes were all happening and, uh, USSR, et cetera, right. With Gorbachev and all of that. So we haven't seen all the changes happening, but for the wall to actually fall, I had not thought that possible. I thought there would be a different kind of outcome. And I have not really, I didn't really have an idea of what that, what type of outcome that would be. But like actually the wall falling and Germany are reuniting. I grew up, I was like 25 at the time. And it was always like east Germany is kind of the other half and it was not just, it was not just Germany split into two. It was like, the world was split into two at that time. It was east and west. And it was just that it just went through a Germany, but the other side of the border was in Germany. It was kind of the other side of the world that was further away than Australia. Right. So it was, so it was at least in my thinking, we didn't think it possible. So when what had happened, everybody was like, wow, this is really happening. Yeah. Anyways. And the big celebration, of course, but I have not.

Warwick Schiller ([00:28:48](#)):

Did you have any relatives in east Germany? No. No. So what year was that? Pardon? My 89. Was that, yeah. Wow. Yeah. I, must've been such an amazing time to be in, to be in Germany. And now it's almost like man landing on the moon and, and stuff like that. Like, it's something inevitable thought would, would happen. So what, what was the general consensus before the wall came down before you, you know, back when you thought it couldn't come down, what, in west Germany, what was the, what was the general consensus of west Germans about the policies of east Germany?

Carla Bauchmueller ([00:29:39](#)):

I think they were really mixed feeling. Maybe not mixed feelings. I think I was, it was just a capitalist and socialist, right. So it was, we needed two different ways of seeing the world of seeing economy, et cetera. And, and, and was, it was also, that was the enemy, right. It was the enemy and we need new lots of different ways. And, um, as a teenager, um, a close friend of mine were really interested in politics and we were all, we were also interested in seeing the other side of the coin, right. Because we saw, like there must be a different story behind it. So, uh, and we also saw, wow, that must be some

good things about, about what's going on in the east. Right. And about like the entities, the ideas of socialism and communism, right. At least ideas as teenagers were speaking to them, that's why, like, people will try to do something together instead of competing and fighting each other.

Carla Bauchmueller ([00:30:42](#)):

So like the ideas behind it were actually intriguing. And then yes, we saw that it's, it's obviously not working out the way it a short, but what was interesting that we, um, visited is Berlin with our cloud when the wall was still standing. And there was this really scary experience of having to go through border control, which was really a weird experience. And then you went into east Germany, which was really like gray, and you could sell it. I see the bullet holes from Wellington two in the walls of the buildings, because there had not really been any work done on the houses. So everything was, was really, it was contrast to what was, what, when you came from westbound end to east. So it was all very gray and all of that. But then we found a newspaper somewhere and these German newspaper that showed a photo of huge piles of apples.

Carla Bauchmueller ([00:31:42](#)):

And they said, these apples get destroyed in Western Germany because they want to keep the market value high enough. So they are destroying tons and tons and tons of apples over there. Like just beautiful apples that, you know, could feed people. They get destroyed because of capitalism and because we want to keep the market up. And that was a bit of an eye-opener for us as teenagers to see like, wow, yeah, these things are happening. We weren't talking that much about it, that side of what was happening west Germany. And we were like, okay, right. They are, they are science. We are not really talking about in our society that are not working well either. So, you know, that was, but that was my take on it. I think in the general consensus was more it's, uh, that's the enemy. Right. And they are doing that communist socialist stuff. We don't really have want anything to do with that. I think that was the general manager at the time.

Warwick Schiller ([00:32:42](#)):

Right. So it's interesting. You're actually allowed to go over there. That was, I didn't realize you could do that.

Carla Bauchmueller ([00:32:47](#)):

Yeah. And you could, and I think for a day or so, and you need like special permissions and things, and you could also drive through, uh, through the country, but then you have to stay on freeways and things like that. Yes. You could visit. Um, but in a way with somebody that you felt like, oh, I hope I can go back. Right. I hope that and me back up, so it was a bit of a, kind of a scary experience, but, um, well obviously not really, really in danger there, but

Warwick Schiller ([00:33:15](#)):

It's weird. It's interesting. They, they, they're trying to create this type of utopia, but then that they have to have walls and border guards, so everybody doesn't leave. So it, so it can't be that good at utopia. If, if you've got it, if you can't, if you've got to keep the people in there. Okay. So you, you moved to east Germany, did that, you were there for 15 years. When did you, when did your Sally swift, uh, certification come into play?

Carla Bauchmueller ([00:33:46](#)):

That was my last year in that equestrian center. So in my second year of the training, they had the first, um, instructor training in Europe. And at that time for center writing and I was part of it and it was really amazing. And since, you know, I've gone through the levels to, uh, I'm a level three, which means I can teach clinics that are writing clinics and that's what I wanted to do. And yeah, that's, that's really beautiful. Thank you to spend time with and learn more.

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

Yeah. I have read some books on, um, Senate writing and the thing I, that really impressed me was, uh, the imagery, you know, like how to, how to get the thought, how to get your body to do the things is by, it's not put your heels down. It's imagined dropping oranges. Isn't oranges out the bottom of your, you know, things like that. And, and, and I watched you and met you first at the Western states horse expert recently. And we went and watched one of your, uh, sessions. And that really impressed me that you could actually use a lot of analogy metaphor and things like that. And get the point across you actually talked about engaging your so as muscle and Kendall who works for me. And I went over to watch and we're sitting in the stands, I'm sitting on a hard wooden bench in the beach bench in the stands watching you.

Warwick Schiller ([00:35:14](#)):

And you talked us through that and all of a sudden, and then you said, and a lot of people have never really engaged there. So as muscle before, and as you said that, I thought, Hmm. Yeah. Cause I can feel something inside me right now that I've never felt, I've never felt that thing. I've never been connected to that, that thing before. So yeah, I talked to the, um, you know, there's who can, who have knowledge, you know, who can do things and have knowledge about it. But I think being able to teach, you have to be able to get your idea across to the other person in a way that they understand. And that's what watching you. I am in reading this selling swift books to, uh, uh, to really, I think that's a huge part of it. It's not necessarily just the information, it's the ability to impart that information in a way that makes sense and the person can actually do it.

Carla Bauchmueller ([00:36:10](#)):

Absolutely. And that's, that's really also the most important part, right? Because you can have the best information in the world. If you, uh, you a writer doesn't understand what you're saying and that's, that's not helpful. So imagery is really fascinating because it takes you out of your head, how you guys start feeling things inside of you with that image. And so it works beautifully for, for people to change physical habits. And that's basically what we do when we understand. And we have to learn certain habits, how to hold ourselves, how to engage certain muscles, et cetera. So imagery is beautiful. And there's, what's also interesting about imagery is that not every image works for every person, right? So some, some images just, just don't work for that specific person, because then you've got a different association with that specific image. And then it's about finding a new image. Or some people might do better by really explaining the muscles or the biomechanics. So I'm always trying to make a mix off all talking about some, just the muscular structure, biomechanical structure, and then also using using images so that everybody has different ways of picking what they need to need to learn. I need to find,

Warwick Schiller ([00:37:28](#)):

Yeah. I thought you did a great job with that. So tell me, when did you, when did you handle that? How did the yoga thing came about? That's the only thing I really want to get to is, is how does, how did the German end up in India?

Carla Bauchmueller ([00:37:47](#)):

Um, yeah, as I said, I think it really started with my spiritual search, even as a kid when, when I started searching in the counseling choice and didn't find what I wanted. And I started reading books on Buddhism and things like that. And then I started doing yoga in a class you're at university, and that was 35 years ago. So doing yoga at that time was, was you right? And there weren't that many yoga teachers out there.

Warwick Schiller ([00:38:17](#)):

Hang on. We live in California that wasn't new in California, 35 years ago, Germany, 35 years ago. That was a big deal.

Carla Bauchmueller ([00:38:26](#)):

Yes. So I was really just starting to find a little bit of traction and I had started yoga, not so much for the physical side of, I had a hoped to find more of that spiritual connection through yoga as well. Right. Because I always fascinated by the philosophy of yoga and things like that. And that didn't really happen in that class. It was more of a physical, like okay, way of stretching this way or that way. And we feeding into the breathing. It was nice, but there was again, something missing for me because I had hoped for, for something else in a different dimension, but I kept doing yoga. And then, um, when was that actually, when I was finished with my education at that equestrian center, um, let me see. Yeah, that's not true. It was actually much later now. I actually, I was already, we already had our ranch in Germany and I had to, I got really stressed out and overworked, you know, when you've got your own place, if you know what I'm talking about, where I got stressed out and overworked, I had started getting these nervous twitches and things like that was like, okay, I gotta do something about this.

Carla Bauchmueller ([00:39:38](#)):

And then I stopped. I looked into meditation more and then I actually realized that many Taishan had been the thing that I had been looking for in the yoga class. But then the yoga class, the meditation was like two minutes of closing your eyes, but that was it. Um, so I started doing more, looking more into meditation and did more of a meditation work. And then also going back into practicing yoga more, I was like, okay, this is really something that I would really want to teach more as well, because it goes so well hand in hand with the things that I want to teach my writers. And I think I thought I'm doing being a yoga instructor. Wouldn't be a good idea. And so I in, so it's a research, a better, I found these classes in India. I was like, that's a great way to do it. That's go to India couple of weeks and do it there because I felt that's, that's the origin. That's, that's the sauce. That's why you can read, eat, heal the philosophy behind it. And that was so much about meditation and things like that as well. And that that's, that was, that was much more what I had been looking at. Cool.

Warwick Schiller ([00:40:43](#)):

And where in India? Was it

Carla Bauchmueller ([00:40:45](#)):

South and Southwest India?

Warwick Schiller ([00:40:47](#)):

Yeah. South west India.

Carla Bauchmueller ([00:40:51](#)):

It's called, um, they kept, they keep changing it or they'd just changed their names. So, um, oh, I don't remember right now. It's the state, that's the south, the, not the very songs on state, but one above it. One from one further north to the, to the west. I don't remember the name of fortunately.

Warwick Schiller ([00:41:16](#)):

And you spent a couple of weeks then? Yeah. Yeah.

Carla Bauchmueller ([00:41:22](#)):

Okay. I spent a couple of weeks in the, in the, the, the Agram itself and that was an intense training, right. There had us get up really early in the morning. And then we started with, started with meditation. We did two, one and a half hour sessions of yoga, one in the morning, one in the afternoon, really short breaks in between then more in meditation and theory background on, on, you know, the movements and turns and biomechanics and things like that. And so it went, so it wasn't really a whole day, like really full on physically and mentally, and also spiritually really challenged. And when we're sleeping in bank, big dog, dormitories of like 50 people also in one in a YPO dormitory, only cold water to shower with, you know, so it was really very back to basics and I actually love this back to basic stuff. So, um, it, it really, and then the challenge, right. It pushes you and that creates opening and either creates closing where you go, like, I want to just get the hell out of here or it creates opening and it could definitely create an opening in me.

Warwick Schiller ([00:42:33](#)):

How long those meditations, how long were they?

Carla Bauchmueller ([00:42:38](#)):

Um, these meditations were about an hour in the morning and an hour in the evening.

Warwick Schiller ([00:42:44](#)):

And had you been meditating for that long before that? Yeah. Head. Okay.

Carla Bauchmueller ([00:42:49](#)):

Yeah. Um, I've been part of the meditation school as well at the same time. And after my, uh, training in India, my life really changed and I saw we sold the ranch and I actually went into more intense meditation

Warwick Schiller ([00:43:04](#)):

After that. Hm. So what types of meditation have you, um, dove into

Carla Bauchmueller ([00:43:12](#)):

I myself do, let's say I started with third eye meditation and the meditation that I'm still doing is kind of building up on that third eye meditation. And I've been doing the same style for 17 years now, almost 20, I think. So it starts with the third day. That's also what I teach. I teach the third eye meditation and yeah, that's, that's the, um, that's the one that really opens your feeling for energy as well. And that's, that's really what I love about it. Did

Warwick Schiller ([00:43:49](#)):

You, in that two weeks, you know, you were learning, you know, you're learning yoga stuff, but did you have any, um, big, ah, ha moments or breakthroughs or anything while you were doing all that? Absolutely.

Carla Bauchmueller ([00:44:04](#)):

So it was four weeks all together. There's this training. And then I spent two more weeks in India. Um, there was one really amazing experience there weren't small temples on the same property, right? It's this big from, they've got small temples and these temples dedicated to different types of gods. And, um, and then they have a priest there that runs the same ritual in these small, like we talk tiny, like living room size of temple, and they run these rituals twice a day at the exact same time, the exact same ritual. And they run that ritual. They have, some of them have done it for decades. So there was really in very tangible, spiritual energy in these living room sized little templates. And I sneak out of the program to join one of the rituals every day while I was there or in one of these temples, because I felt there was such really tangible energy in that tent.

Carla Bauchmueller ([00:45:18](#)):

I was like, I want to soak in this. That's even more important than doing my yoga. So, so I went to that temple every night. And then, because I didn't end, you could usually, you can also, you could follow the ritual. You could also say some of the words, but I was like, I just want a 15 year old close my eyes and feel into that energy and be there. And one of these nights I closed my eyes. I went into meditation and it was an entire hour and I had zero thoughts, like zero, no thoughts, one entire hour. I felt, um, tears running down my face, but I wasn't emotional in any way. I wasn't sad. I didn't feel any kind of emotion, but I just could feel the tears were streaming over my face while I was sitting in this meditation. And I felt this complete stillness and there's complete being held in bounded space of this temple and out spiritual energy that that template was providing. And I think that was one of the biggest spiritual experiences that I've really had, or at least one of the first ones that was so mind blowing and opening and unexplainable. When I came back from that, like everybody said, like, are you okay? Are you okay? I said, I'm, I'm told I'm not emotional at all. But they saw that. I had like, you know, my, the, my face was wet from the tears that had come down.

Warwick Schiller ([00:46:55](#)):

So wow. What an experience, huh? Yeah. You know, something I have found, um, cause you know, I've been meditating for fees and I'm not like a big time meditator or anything, but I used to meditate, just sitting in a chair with my feet flat on the floor. And then I started meditating on a cushion in just sitting in that position for periods of time was, um, no, just focusing on not getting out of that position because your body's like, I want to get up. I want to move my foot. My ankle hurts. I want to, and, and uh, yeah, just controlling that. I, I, um, I found that was, you know, there's something in that just, just being able to sit in a position, let alone trying to meditate, just having your mind, control your body because your body and, you know, I've talked about it a lot.

Warwick Schiller ([00:47:58](#)):

I'd take ice baths and, and um, you know, and usually when you start doing the ice baths, it's about controlling your mind. Cause your mind, your mind is telling your body to get the hell out of that thing. And it's just focusing on your breathing. Um, and I'm at the point now that ice baths, I don't even have to think about, I can just kind of hop in and it's not too bad, but, uh, yeah, the, the, the, the, just the

sitting and trying to stay in that position through all that, and, you know, breathe through all the, um, through all the discomfort. There's something to that. But it also, it's a meditation in itself as in just controlling yourself, you know, you know, you don't have time to, for me personally, I haven't had time to, um, think about the meditation part of it. It's just the struggle with yourself staying in that spot. So sitting on a cushion, cross-legged made a huge difference. It was so much different than just sitting in a chair, you know?

Carla Bauchmueller ([00:48:56](#)):

Right. It's really, it's different and feels different. Like I'm sitting on a cushion on the floor right now. I've got my desk. No. So I sit in this position more or less all day long for that reason, because it is a big hindrance when you're meditating that, that your body isn't used to it. And then it starts like this start taking and that started leaking and you really want to move. And when you start moving, you do some of the momentum of the stillness of the meditation.

Warwick Schiller ([00:49:25](#)):

So you were sitting cross legged on a cushion right now? I do. Really?

Carla Bauchmueller ([00:49:30](#)):

Yeah. So it's like my, my husband calls this the minute show office because everything in my office is lowered down to sitting on the floor and there's a lot. Wow.

Warwick Schiller ([00:49:42](#)):

Uh, have you ever done any Kundalini yoga? No, my wife, Robin, she's quite into it. She does it every day. And, um, you know, it's all done. Cross-legged, it's not, you know, there's, there's not a whole lot of downward dog and cat cow and that sort of stuff. And it's mostly done, um, sitting cross legged and, uh, her flexibility has gotten so good, you know, sitting cross legged from all the Kundalini she's been doing, but it's yeah. It's, I should do more of it. Cause it's, it's one of those things, like it really gets the energy inside you like yeah. It's, it's a cool feeling.

Carla Bauchmueller ([00:50:24](#)):

Yeah. I think what happens is when you sit on a chair, your subconsciousness still feels when you go into meditation too deeply that you could fall off and then it's sometimes can keep you from going really deeply. Because when I go into a really deep meditation sitting on the floor, um, yeah, I could, I could still fall over, but I'm not falling very far. Right. I'm not going very far. So it feels safer, Ryan, and it feels safe. And I also feel much more connected to the ground. And you know, I have really connecting your, your lower energy centers. You're really connecting that to the ground at all times. And there's not a chair popping you're off the ground.

Warwick Schiller ([00:51:09](#)):

Yeah. It makes a lot of sense. So then, okay, so you've done the two weeks in India. You've done the whole for four weeks.

Carla Bauchmueller ([00:51:17](#)):

I know it wasn't on a suffering. So idea that that was four weeks of suffering, but it was intense tense. Yeah. And

Warwick Schiller ([00:51:31](#)):

There's something, there's something about that suffering that you cannot get without suffering. And what do you mean? You know what I mean? The going through of that, it's, it's something that changes, changes you, whether you, I think it may be, it's like acceptance. Like you, you, instead of fighting this suffering, you just allow it and you accept it. You know, it's been the same thing with the ice bars. And I've talked about this before, but the ice baths initially, it's kinda hard to get in there. But the thing about the cold water is if you reject it, it's cold as hell. It hurts. Whereas it's, it's a listen and acceptance. If you just accept it and stop fighting it, um, it gets a lot better. And, and the Kundalini yoga, um, you know, there's a lot of sitting cross legged, and there's a lot of poses you do with your arms up and waving your arms around and doing different things.

Warwick Schiller ([00:52:33](#)):

And they go on for quite a long time and you get to where you just, you think you can't hold her arms up anymore. You can't hold that pose anymore or whatever. And they really have you just, when you get to that point, just focus on your breathing. They have, you sat Nam. So think sat as you breathe in and nom as you breathe out. And if you, you get to where you can kind of breathe through and you know what I'm talking about, but breathe through a lot of, uh, a lot of discomfort and I'm getting better at it. And it's, it's, um, I don't know, you, you almost, for me almost change your self-talk because you've achieved something you've pushed through something, you did something you didn't think you can do. And I, and I, I don't know. I don't, for me personally, without doing that, that self-talk doesn't change. You know what I mean? Yeah. It's, it's pretty interesting stuff, but yeah.

Carla Bauchmueller ([00:53:36](#)):

Yeah. It's definitely when you, yeah. When you see that there are obstacles and you, but you bring yourself onto the other side of it. Right. And that means that when there are other obstacles coming up, you know, that, that there is a know-how and you how to push through something. Right. And push, push, get onto the other side of things.

Warwick Schiller ([00:53:56](#)):

Yeah. There's a really good novel. What I've read called Shantaram. You ever heard of Shonda rum?

Carla Bauchmueller ([00:54:02](#)):

I think I read that one too.

Warwick Schiller ([00:54:06](#)):

Barry FET novel about India, Australia, Australian guy, that, yeah. Um, and in there they talked about the standing bubbas, which are a group of monks in some place in India. And they'd never lay down. Once you join this ministry, they never lay down. They just stand up and they sleep leaning against the wall, but their legs are completely swollen and red and the pain must be excruciating, but these guys' faces are just beaming with joy. You know, there's something that, uh, getting through that, that, uh, that doesn't for you, but he hasn't been my experiences, but it's the little bit that I've done. So I imagined four weeks in an ashram torture when we'd do things for you. Um, so you came back from there, then, then what happened in the life of Carla coming back from India,

Carla Bauchmueller ([00:55:03](#)):

I went straight into another training, was a meditation school that I had started meditating and doing regression was before. So I came back from India and I went straight to their place in the U S for couple of weeks of staffing, basically and helping out. And when I came and that was a lot of meditation and regression things involved as well, I was there for a couple of weeks. And when I came back, I said to my then husband, you know, I feel we should sell the wrench, the whole switch that we had. I had come to a place where it wasn't fulfilling anymore in the way that I wanted it to be. And I was like, I it's just it's become a burden. And, and he was like, okay, okay. It was totally on board, which has kind of surprised me, but he was on board.

Carla Bauchmueller ([00:55:54](#)):

So we sold the place within half a year. And, uh, that was, I mean, that sounds like something easy peasy, but it's, it was painful because I had to find places for my, for my horses. I had four horses at the time and I had to find place a place for my cat because we wanted to go to Australia after that we wanted to travel. And, um, and like that was a lot of giving and letting go and really getting and all the, all things I have felt I had created this paradise for my animals and, and people worked for us. And that was, he constructing all of that. So that was, that was a freeing, but also painful experience. And then my then husband and I went to Australia five a year to spend time with that meditation school. And they have programs where you, you basically, you do staffing, which is in that case, we were doing construction work ready.

Carla Bauchmueller ([00:56:52](#)):

Like we were really working and helping out and doing things. Um, and then we will also meditating every morning, every evening we did our regression, we did our regression every day or actually two every day. So that was again like a whole day thing for months. And that was, that was even more, I mean, India was intense, but that was the real thing there. Um, and so I did that for, I started off with this and then I actually continued on my husband and I haven't gotten a divorce, um, because we out, our paths were just going into different directions from then on. And then I stayed on for another Bernacchi. So I stayed there for three years with like alternating between spending time in Australia and in the U S and then coming back to Germany to teach and make some money. Right. Because I was offered as money out of money. So I'm making some money with teaching a few clinics. And then I, where in Australia, which the place that was four hours west of Sydney,

Warwick Schiller ([00:57:56](#)):

Four hours west of Sydney, I am from four hours, west of Sydney were exactly as west of Sydney. Was it

Carla Bauchmueller ([00:58:07](#)):

So, okay. I'm really bad with names. Um, and there was basically nothing out there. So it's in the middle of nowhere, um, that it's, um, I know that you crossed over to get there. You can work at, go over there. I think blue mountains. And that's kind of the other side. I have to be really vague because I, I would, I would probably find it on a map, but it's, it's, it was kind of okay, again, in your car and you drive four hours away. We'll do that.

Warwick Schiller ([00:58:39](#)):

Yeah. I, I hadn't, when we get off here, I'll have you look that thing up. Cause I want to know where that is. Cause I suppose I'm four hours south, west of Sydney. That's where I'm from, but yeah. Interesting stuff. Um, yeah, I was gonna ask you when, what can I ask you? But it was interesting, you said that, that

your, you know, your husband and you had kind of grown apart and it's, yeah, it's really interesting. This whole, I don't know, spiritual journey. I mean, I've been lucky that the, uh, you know, my wife, she's fully on board with the whole thing too. And we kind of, I think we're both heading in the same direction, but it's, I imagine it's not terribly uncommon for people who really take the deep dive into this sort of stuff to end up, you know, having your husband, wife, partner, whatever, decide that you guys are on different paths.

Carla Bauchmueller ([00:59:39](#)):

Yeah. Cause I, I really wanted to know. Right. I've I started to see that I finally finally found something that gave me the answers to the questions that I've always had. And I really wanted to understand more and do more. And my, my then husband, he said, you know, I'm, I don't want to try to keep up with you all the time. Cause I was like pushing forward. And I was like, no, no, we, uh, we sold the ranch and now I felt nine free to go for it. And I, I was just going for it and he was more like, you know, I want to relax and we've got some money now let's, you know, let's keep it quiet. And uh, so he was on a, on a really different path which we didn't realize. We actually realized that when we did a practice together and we were like feeding into our sense of what the future would bring.

Carla Bauchmueller ([01:00:30](#)):

And then he shared with me what he was feeling as the future. And then I was sharing with him what I was feeling and that we looked at each other was like, wow, this doesn't go together. And then we, we still, you know, we're still friends and he's still, he's, he's a great guy and all this, but we just saw that the path we wanted to go and couldn't really go together anymore. And, um, yeah, so we decided to separate at first and to see how that felt. And then we got divorced a year later.

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

Wow. Um, you mentioned once again, you mentioned the regression stuff in there. So when, when did you first encounter this regression stuff that I want to talk a bit more about?

Carla Bauchmueller ([01:01:13](#)):

Yeah, that was fun. I have this phase of being really overworked and stressed out and I felt that I wanted to learn more about meditation because I thought meditation was about relaxation, which we know it's not, it's not necessarily the case, but, um, so that's, that's when I had started the meditation. And in that school that I've found one that is a meditation school. They make regression part of their training. Um, because they say there are reasons why we cannot sit still in meditation. That is the physical side of it, where you cannot sit still because your back starts hurting and you're not used to the position, but there's also an emotional component where just sitting still closing your eyes and doing nothing for hours on end, uh, is just something where you are really facing yourself. And you do not always like what you are seeing, or you are having emotions come up that you can handle. And then it can get really overwhelming. And oftentimes people don't don't continue meditation because they get scared of these intense feelings that they get when they're meditating. And they don't know where that's coming from. So that meditation school has, has really created its own regression techniques, um, where they say it's really makes sense for people to go through that first and understand themselves better and release a lot of charges in mater emotional charges that they have so that you can actually sit still in meditation without getting, getting pulled out of it.

Warwick Schiller ([01:02:55](#)):

Wow. You know, I, last year I went last year. Yeah. Last year I went to a, um, I've talked about this on podcasts before we went to a three and a half day emotional resilience, men's emotional resilience retreat, which was amazing. And we had a month of homework after that to do, following a book called the presence process and the meditation sort of thing that we had to do every day, which I had to sit down for 20 minutes and we had to go over this mantra that said, I am in this here now. Okay. And you'd breathe in and think I breathe out am in you go through that thing. And I had some stuff happen to me at the, the emotional resilience retreat that, you know, opened me up a little bit. And I, you know, I could sit and meditate for half an hour before that, you know, I've never been never, I've probably done some 45 minute meditations, but never done it now. But I was, I think I'd been doing quite a bit of half an hour on a cushion, but after this thing just doing that, I couldn't sit still. And it was like, I had insects crawling all over me. I was just itchy and just, I just had the, the squirms and I was, I actually gave up, I didn't finish them. I just could not sit still. Um, and, uh, yeah, it was like, I had the heebie-jeebies, but I, you know, just, it was like I had insects crawling over me. It was the craziest thing.

Carla Bauchmueller ([01:04:41](#)):

Yeah. That, that could really be from an emotional charge. I feel like something that comes up and we, you don't even know where that's coming from, but yeah. It gets you to really drop the meditation because it gets so uncomfortable.

Warwick Schiller ([01:04:53](#)):

Yeah. And I, you know, it probably wasn't emotional charge because that, you know, I had worked through quite a few emotions at that retreat that I had not ever worked through before. And that was what was different, but yeah, I just could not sit still anymore. And yeah, it was, it wasn't that frustrating. It was just interesting observing it. Like I cannot sit still. I've kind of got to the point where I would think like that I'm not terribly judgemental about them anymore. It's just observational like, well, well, that's interesting. Not a year useless because you can't sit still, but it's like, that's interesting that didn't use to be there, but yeah, it was, it was fascinating because I could not, could not complete 15 minutes of that thing just drove me crazy.

Carla Bauchmueller ([01:05:40](#)):

I think there's the self observation that you mentioned. I think that's such a important piece for everybody and that's, that's a big piece. And when I also teach horse riding all the things, it's make it a self observation, like look at this to kind of step back out, kind of outside yourself, look at yourself and go like, oh yeah, that is interesting. Right. This is what I'm doing. And because the moment you put judgment into it, then, then things can already change because then you're holding onto the old thing that you're judging about. But when you step out and you go like, oh yeah, interesting. And then, then also ounces can

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

Come. Hmm. You mentioned, I think it's when you're in Australia, you would do the regression work twice a day. Can you do that much of it? Like, is there that much stuff? There's that much stuff that's hidden in there?

Carla Bauchmueller ([01:06:34](#)):

I think I've probably done, I have stopped counting with someone, but a thousand, 2000 regressions and regression type practices, like just for myself and was clown was kinds, um, in my life. And yeah, you

wouldn't think that there's so much in there. And, but uh, sometimes it really takes time to really get to the core of things. Right. The, the most obvious things they come up and they, even, if you just spend an hour a week on like a normal regression course or something, you will see a lot of things that are not important ones in your, in your life. Um, but, and then yeah, then you start digging deeper. Right. And then things come up again. Maybe. So it's not, it's not, you're not just solving it. You're not just looking at one thing. And then you click your finger and it's gone. Right. So yes, you are releasing a lot of the emotional charge, but there's, there's always a deeper, there's always something else.

Warwick Schiller ([01:07:36](#)):

Wow. So what, so you've done quite a bit of it. If you can quantify what it's like before you do it and after you do it, and I don't mean one session, I mean the difference between a person who's never done your regression work and a person who's done it, you know, twice a day for a month or whatever, what, what, what's the feeling? What's the, what's the difference? What do you, what do you notice?

Carla Bauchmueller ([01:08:08](#)):

So what I'm noticing inside of myself, and I think that's true for most people is a sense of liberation. No, you are not taking yourself as seriously anymore because you learn to step out a side of yourself and kind of look at yourself and do this, or that's interesting thing. More like you're not so much trapped inside of your own mind and your own emotional landscape. So there's, there's the liberation, that's one big piece. Another big piece is that you, when you do a month off regression every day, you, for sure how some real in spiritual experience with spiritual energies responding and you really feeling virtual energies, working on you and, and a connection to these spiritual energies that you can really feel. You're not just making it up in your head. You're feeling you are in that connection with these spiritual energies and you start seeing more bonds for ritual realms and things like that.

Carla Bauchmueller ([01:09:16](#)):

And, and that was my biggest change. After the first week of regression, I took one week at first to get started with when I drove home and I drove cars to church, I looked at that church. I thought to myself, I wish this type of connection to a spiritual energies was taught here in church every week to everybody in this. Like, this is something that people need to experience. It's not, it's so much easier than we think why we think it's something off there. And especially, and I growing up Catholic, I think there's, there are obviously different types of churches, but, um, where I grew up, it was like, you are small, you are the center. You keep yourself like, even your posture is kind of small and hunched down. And there's the big guard up there. That's kind of, um, maybe a well-meaning father, but you're not even that sure about that.

Carla Bauchmueller ([01:10:16](#)):

Right? So, so you, you make yourself small, but in this week of regression, I felt I could really feel the energies and I could connect with them and I could feel them inside of myself. And I could be part of it. I could be part of this, the whole board, right. There's the sense of oneness where things with, with nature, with other people, connecting with the other people in the group was just really amazing. And I wish for that experience to really happen to everybody and we could all have it. And that's, I found that a little sad that it's not really that available. Usually,

Warwick Schiller ([01:10:57](#)):

You know, what's interesting is after I met you at the horse expo, I, I contacted you. I think it must've emailed you maybe. And I said, would you like to come down here and work privately with my wife, Robin and I, and I was thinking on the centered riding part. Okay. The cause I, I think both, we could both use, uh, some help where they are now riding under saddle in your email said something like that. I didn't say that. I just said, do you want to come? I didn't specify what I wanted to work on. And I said, do you want to come down and work with us? And you're like, yeah, do you want to, is it the regression and yoga work you want to work on? And I'm like, I didn't even know you did that. But yeah, that sounds amazing. So do you, do, do you do much like with your, with your, your clients that you help, so you're helping, you know, a lot of times 40 plus women connect with their horses. Do you incorporate regression work into that?

Carla Bauchmueller ([01:12:04](#)):

Yes, I do not do a lot of one-on-one work anymore with people. I used to have clients where I did one-on-one work. And I also taught courses in Europe, uh, with groups I used to do that. I don't do that much anymore because there are colleagues of mine that do great work around that. And I've focused more on working with the horses, but I feel, but I teach programs where I teach women how to learn about meditation, how to learn the third eye meditation, how to learn about their energy. And I also use regression like techniques where we also allow ourselves to drop back, not necessarily into past lives, but just really understanding where certain patterns were created in life, around fear, around frustration and anger and things like that. And, and, uh, and then take it into our lives today in and into the relationship with the horse, because I feel the work was almost like an accelerator for that, right, though the horses give that direct feedback and it's so much easier to open to the horses and we already know how to open to our horses from the heart. And then when you can do that more, and then you can start learning to do that kind of for yourself and for other people and find more connection and get a bit more sense of those spiritual, uh, side effects as well. That's, um, that's been working, but, uh, yeah, it's, it's, uh, in a group and it's not really like regression, but it's regression. Like,

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

I don't know what it was you just said, but I just got the tingles all over. Right then that was pretty girl. What was I going to ask you next? Sorry, I just got, I got all sidetrack then when I got all tingly, when you were talking about whenever there was, oh, yes.

Carla Bauchmueller ([01:13:58](#)):

I think that was the heart. The heart connects where I mentioned the heart. Right. There's like the connection, the heart connection. Yeah. So

Warwick Schiller ([01:14:06](#)):

Past lives. Yeah. So you've done a lot of past life regression on yourself. When you do that, do you become aware of past lives? Yes. Yeah. Are you aware of your past lives? Yes.

Carla Bauchmueller ([01:14:23](#)):

And the thing was the past life regression, at least the style that I do. And then how the experience is when you go back into the past, oh, you, you go into basically into a meditative state and then it would allow things to happen and you have a facilitator or someone who leads you through it. And who asks question and it's really with you at all times of a way. And then you then images come up. So you don't, you never know which way you will get. Right. You go into it and it's, it's almost like you go into a movie

where you didn't know anything about what it is about. And so images start coming off and then you would look at certain things and especially at the emotions and things. And then, um, these images can sometimes be all kinds of stories. And with these stories, you do not necessarily know if you're making them up or if they are true past life.

Carla Bauchmueller ([01:15:23](#)):

But sometimes let's say you see yourself as a native Indian, like galloping on the horseback, you know, then, you know, you've, you've watched a lot of movies. Right. You know? And so all of that's, you know, don't know if you're making it up at that stage. It doesn't really matter for what I want to achieve with that, because the emotions they are real. Right. Wow. You feel when you sit on horseback as that native Indian, what, what's your experience? How are you experiencing the land? How are you experiencing the connection to others and how are you experiencing the connection [inaudible] and things like that. This is, this is what I then go for with the client as well, like go into the emotions and feel them because they are real right. And no matter what the story behind that is, but with some that said there was lots of microaggressions, I'm not entirely sure if that was a real past life or not, but with some I'm certain, like you come out of some past my part of some regressions and you go like that. I was there. That was real. I wasn't. And then maybe that was just like maybe a handful or what it was 10 or so, but it's enough for me to see there was me before this life.

Carla Bauchmueller ([01:16:50](#)):

Wow.

Warwick Schiller ([01:16:54](#)):

Um, how, how vivid are they? How, how, um, how CLI when you were

Carla Bauchmueller ([01:17:07](#)):

Extremely, um, like to the point that you feel the pain, um, for instance, one of my most extreme past lives or past life regression was when I was, I was just lying on the mat and was starting the regression. And, uh, and then suddenly I went back and my, my facilitator said, what's happening? I said, no, I can't breathe. I don't know. I don't know what's happening. And then I was like, God, I'm drowning. And, and I was like, I felt myself drowning, but I hadn't even seen the image before that. Right. I just felt my son that he couldn't breathe. And then I was like, what's happening? Why am I, wow. I'm drowning. And, um, so yes, it's that real, it's like, you feel you're there.

Warwick Schiller ([01:17:59](#)):

Wow. Um, you know, I love period dramas, you know, like TV shows that are done, you know, maybe in the middle ages or whatever, but, and especially these days, because they can do the special effects so well, and they can do things so well that you can get a true sense of what it would have been like to live, uh, at that place and time, especially these days. I mean, when I was a kid and you, you watched a movie like Ben Hur, or, you know, whatever, um, they really glossed over how hard life is. Um, but you know, as, as what we can show on TV, he's become more liberal, you know, more open to being kind of real. Um, I really, I really enjoy, really love watching, you know, especially I'm a bit of a castle geek. So if we're, if I ever go to England, you know, whether you can run the UK, if there's a castle, I want to stop and look at it and walk all over it and find out by the book and find out who lived there and what they did. And yeah. You know, all that stuff fascinates me. And, uh, yeah. So what you're telling me is, is fascinating just because you get to, to relive that stuff. That's, you know, before we started today, I, you

know, you had emailed me and said, you do regression work, but I knew nothing about it, but now I'm like, Hmm. Another rabbit hole for me to look into.

Carla Bauchmueller ([01:19:34](#)):

That's fine. Like, you guys can be like, I mean, don't get me like, cause I was in the regression sessions later when I just started it. And I got so fascinated by that. So yeah.

Warwick Schiller ([01:19:46](#)):

Yeah. I'm fascinated by that too. Um, so these days, do you, um, mostly do clinics or do you do one-on-one with people in the horses?

Carla Bauchmueller ([01:20:02](#)):

Um, mainly clinics, hardly do any one-on-one sessions, any more clinics and programs. And I work one what, 1 92, I fee I've I've really, I really enjoy the online work because, um, and I, I started working online in 2016, so I've not just through COVID. Um, but, um, I enjoy that more and more because specially with the meditation work, when, when people can just, I even do that on the phone, like in a free conference call, I do that with people on the phone, because then they can just close their eyes they're in their environment. They can reteach us, go inside without us having to find a quiet place and all of that. So I do a lot of online work now,

Warwick Schiller ([01:20:53](#)):

Amazing stuff. So I'm gonna, you know, like all of my podcasts, guests, you have chosen some questions of my 20 questions I sent to you. I might, um, I might get into those now and you know, sometimes the conversation we've had, we've answered some of these questions. Uh, and I think we've already done some of them, but I'm going to start anyway. So the first question is what was your biggest failure and how has it helped you?

Carla Bauchmueller ([01:21:21](#)):

Yeah, I think that my biggest failure was when my horse was diagnosed with kissing spines and I felt that I had really done a lot of things or not seen what I could have done to prevent that. And that was really my fault. And

Warwick Schiller ([01:21:42](#)):

That was,

Carla Bauchmueller ([01:21:44](#)):

You know, I, I didn't ride him in the way I should've written the ham. I didn't really need no saddle was kind of okay, but it wasn't perfect. I wasn't as good for him as it should have been, et cetera, et cetera. So I felt terrible because I felt like I had really destroyed this horse. Right. I had harmed him and he hadn't been in pain for a while and tales I found out. So that made me feel absolutely terrible. And the thing that I learned from that is a couple of things, first of all, a greedy being ready to ask for advice, because I could have asked people, right. I could, I felt I was struggling with him. He didn't really want to move forward anymore things. So I had started struggling, but instead of looking for advice and also asking more questions, I had just kept doing what I was doing.

Carla Bauchmueller ([01:22:42](#)):

Right. I should have asked more questions myself as well. Like, why is this happening? Why does the host that usually liked moving forward, doesn't move forward anymore. What's really going on really questioning much more what I was doing. And I was, I wasn't a young girl. I was in my mid twenties. So, um, I should, and I had some education. Right. So asking myself more questions with you, asking for advice. And another big piece is also forgiving myself because yes, it was to a big degree, my fault, but there's nothing I can do about it or could do at that time when I found out I couldn't go back and fix it. So being okay with that, that has happened and then do my best to, to do whatever I could often. And this, I think it's, that's a big life lesson to like forgive yourself even for the big failures. Right. And the big mistakes that we make an honor.

Warwick Schiller ([01:23:38](#)):

Yeah. Forgive ourselves for what we didn't know at the time. And that's great. So what's the most worthwhile thing you've ever put your time into something that changed the course of your life. And I'm pretty sure we've covered this, but you can spit it out.

Carla Bauchmueller ([01:23:54](#)):

Yeah. Meditation. Yeah. So it's definitely the meditation. Yeah. Yeah. But that has definitely, totally changed my life in lots and lots of regards

Warwick Schiller ([01:24:07](#)):

Here. And you know, I don't think for you guys listening at home, if you don't meditate, I don't think you have to think, oh my God, I can't sit still for an hour a day or whatever, you know, it's, it's like anything one minute. And the other thing is I, I made a lot of people who say, I've tried to meditate and I can't do that. And if you guys were listening earlier in this interview, Carla said that, I think you're in India. I forget. But you said you, you sat down and your mind was completely still. And then this is after doing this stuff for a long time. Like a lot of people think the point of meditation initially is to have your mind still, which is, you know, that's, that's something that will come, might come after a long time. But yeah, I think people understanding that you're not going to sit down your mind's not going to be still.

Carla Bauchmueller ([01:25:02](#)):

So, you know, I really, it really takes time. And, um, I think it was spoke about that in another podcast too, where people say, oh, I'm not good at it at meditating because I still have so many thoughts by, by that. That's actually, that's, that's the point? Like, get your thoughts to slow down and find the gaps between the thoughts. I find these places where you actually have a little bit of stillness and then start expanding. Now. I think there's probably only a very few people that can sit down and be quiet straight away. And they're probably enlightened already. And then they don't really probably need meditation if they can do it.

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

Right. I've talked in the past about a book that I read called mind, hacking by a fellow named sir, John Hargraves and he's got a great take on it here. Much treats it like a game. And he says, sit down and meditate. And when you realize that you are not focusing on your breathing, give yourself a point because, because right there you're at that, you've just that you haven't been thinking about your breathing. You've been thinking about all sorts of other things and right. Then you can either pat

yourself on the back and go, Hey, you noticed, or you can go, oh, you suck, you can't do this. And then you tend to want to give up, you know, you can either, you can either be positive about that or negative about that. And it's, uh, I think it's a, it's a great, uh, why of beginning meditation, as you know, like, let's say, you're going to sit down for five minutes and the first time you do it, you might get five points.

Warwick Schiller ([01:26:33](#)):

Because every time you get lost, you might get lost for a whole 60 seconds before you realized you're thinking about something else. And so at the end you get five points. But after awhile in five minutes you might get 10 points. And after a while in 10, in five minutes, you might get 50 points because every six seconds you'll when you wander off, you realize, and you bring yourself back. And I think, you know, I mean, I think those are all very basic meditation things, but I think having a better attitude about the struggles of beginning is what gets you to, where you can get to where you can actually have it make a difference in your life.

Carla Bauchmueller ([01:27:17](#)):

Yeah. Yeah, absolutely. And it's all about perceived currents, right? You have to keep doing it and keep doing it and keep doing it. Then you sit down and you have days where you go like, okay, that was a total waste of time. Cause I just was thinking about my shopping list. Um, and then you still, you go back and sit down the next day and see what happens. Then when you've had a huge experience like this one that I had in India, then obviously the next time you sit down for meditation, you're hoping for something similar. But uh, then the more you are hoping for it, the more you're grasping and the mess it's going to happen. So there's, there's letting things happen and letting go. And I love this approach of giving yourselves points. I love this idea because that's also looking at what is already working, right. And I think that's so great. And I'll work with horses as well. When we start focusing on the things that are already working on something is already happening, something in your seed and your communication and your working with ours already working. So give yourself a point for that and then start expanding these what I call the magical moments, right? Start expanding them so that they start taking over

Warwick Schiller ([01:28:29](#)):

You're in this book. This guy even has, uh, has a, uh, uh, a practice to do, even before you try to make it, even before you start working, when you're meditating and he doesn't even call it meditating, he calls it concentration practice. Um, and what he does, he says, okay, so in the next 24 hours, what I want you to do is as many times, as you can say to yourself, what was I just thinking? Cause there's no right or wrong answer. You know, let's say you're at work and you're, you know, you've got an economics degree and you're supposed to be doing something with numbers and you're doing this stuff, but you're thinking about what you're having for lunch and you go, what was I just thinking, oh, I was thinking about what I'm going to have for lunch, but there's no judgment. It's not like, well, I shouldn't have been thinking about that because I'm at work.

Warwick Schiller ([01:29:18](#)):

It doesn't matter. There is no right or wrong answer, but what he wants you to do as many times a day as possible is just go, what was I just thinking? Just be aware of your thoughts without the judgment. And I, and I think so many people have trouble with the judgment. Like if you do something like that and what was I just thinking, I wasn't thinking about what I supposed to be thinking about. It doesn't matter. It's the fact that you took the time to check in on yourself and see what you were thinking about, whether it was what you were supposed to be thinking about or not. That's at that point in time, it's not,

it's not important. What you were thinking about what's important is the fact that you remind yourself to pause and consider what was I just thinking about? Yeah. I think it's a fascinating book. It's a very, very, very good book. And he was a, he was a computer guy, not a spiritual guy at all. And so he, um, and he does a lot of spiritual trap meditations in there, but he doesn't there's, there's no spirituality talked about like he does the, he does a third eye meditation, but he called it.

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

I get maybe the Jed. I, you know, he talks a lot about science fiction, movies and stuff. Um, he does the, between the nipples meditation, which is, uh, thinking about your heart chakra, but he doesn't mention the word Shakur. So it's really good for people who, who any sort of spirituality just turns them completely off. You know what I mean? And I don't know if you've ever read Dan Harris's book 10% happier. Have you ever done this book? So David Harris was a, um, a big time newsreader here in the U S and he had a panic attack live on air. And from that panic attack, he started looking into what was going on. And initially he was put on some antidepressants and this and that something was, but he ends up discovering meditation. And, you know, at the end of the book, he said, you know, meditation didn't fix my life, but I am 10% happier. And that's how the term, the title, 10% happy. It can't be up. It's a really good book. And then he wrote a second book called meditation for fidgety skeptics.

Warwick Schiller ([01:31:32](#)):

It's cool. Yeah. He met this guy. Who's, uh, you know, uh, one of the world's leading experts in meditation and he, they got this bus and they drove around the U S going to like big corporate headquarters and things like that, teaching people how to meditate. And he said in the middle east and middle east in the Midwest here in the U S I keep, I kind of have this thing about, you know, in the U S the middle part of the Eastern side of the U S is called the, and it should be called the mid east. But anyway, you know, Utah is the Midwest it's in the middle of the Utah and Nevada is the Midwest. Uh, but anyway, they call it the Midwest, but attitudes, uh, such there that he did not even call it meditation when he would go into big companies there, he would, I forget he had another name for it, but the term meditation was just, you know, for blue collar, Midwest meditation was just, would turn them off initially.

Warwick Schiller ([01:32:28](#)):

So he actually, he actually gave it another given another word. So if you're, if you're new into the whole meditation thing and you want to, oh, I don't know, maybe learn a bit more about it or find an easy way in the, uh, that book 10% happier is a really good read, uh, the audio books even better because Dan Harris reads it and he's, uh, he's a newscast. And so it was good, these great voice. Uh, and I think he, he mountain a right, um, meditation for fidgety fidgety skeptics too. So those are two really good books. Um, cause he, Dan Harris has no, he doesn't have a spiritual side either. And so it's a very, very big, very much like this, uh, mind hacking book by sir, John Hargraves is, it takes away the word kind of make your hair stand on and it takes that away, but you still get to work on those practices. And I imagine if you do it long enough, you'll find your way to the woo.

Carla Bauchmueller ([01:33:27](#)):

Yeah, do right. It's really the moment you really start then silencing your mind, then, then creates room for other sex. Right. And other things that we usually don't see with our physical eyes. And so, um, yeah, and as I said, I, I started meditation because I wanted to get quieter inside mainly. And I didn't really know that that was my way into a spirituality that I was also searching, but I didn't even know when I

started it. Right. And I think there are different ways. And for some people it might just be to get yourself more focused, your energy, a bit more together, you know, things like that. And, um, that's beautiful and meditation's great. It's just great. Just, just to just a great habit to pick up. And as he was saying, even if it's just five minutes in the morning when it does make it a regular thing, I mean, after brushing your teeth or something to sit down for five minutes, just get your, your energy together and organized. And from this thing I, and horizontal positioning and letting go at night to moving into having to be vertical and uprise throughout the day, and then making it a smooth transition as many, just a nice little buffer time where you can have still the stillness from the night, but you get yourself organized, energetic, the organized for the day. And this is, I think that's great for everybody if they are on a spiritual search or not.

Warwick Schiller ([01:34:53](#)):

Yeah. Most certainly. Okay. Uh, next question. What is the luckiest thing that's ever happened to you

Carla Bauchmueller ([01:35:02](#)):

After picking that question? I really thought quite a lot about what it actually really means lucky. Right. I was really lucky. So I think something that was lucky was I won the green card lottery for the U S yes. That's how I got here. I, and for those who don't know, it's literally a lottery that you apply for, and then you win a green card, which means you can stay and work in the U S so, uh, yeah, I won that. I won the lottery and that is almost like winning the lottery. Right. So there definitely is a lucky something, which is really, really lucky. Um, and then the other thing where I feel lucky is other things in my life that just lined up in a certain way where I could say, yeah, there is a lot of lucky, but there's also synchronicities, but it's also me opening up or directing onto a path.

Carla Bauchmueller ([01:35:58](#)):

So it's not just luck, right. Something where I moved towards something. And I started opening doors until the right doors opened more. And then I can say, yeah, then it's the synchronicities that you've also talked about quite a bit where, um, then suddenly things fall into place. Like suddenly you meet the right people and suddenly you, you see, like I found that meditation school that I know is just the right place for me, you know, things like that. But then, then kind of interesting things have to come together in order for that to happen. And this is, there is that's where the lucky also comes in. Right. So the way I found this, this equestrian center where I did my two year full-time training, there were a lot of these little things where the things, that way I can say, yeah, I was lucky to find these, but I had also kind of put it up into the universe. Like this is, this is what I want. And then it was guiding me. I felt guided. So it wasn't just lucky. I was really guided. And I think that's probably the case with a condo tree as well, because I had put that somewhere out there too, like, I want to get to the U S and you know, how do I do that? And that is what I feel like a gift of the gods. Right. So

Warwick Schiller ([01:37:16](#)):

I won, I won the green card lottery twice. Well, not really. I've married my wonderful wife, so that's win number one. And then because of that, I get a green card. So that's when number two.

Carla Bauchmueller ([01:37:28](#)):

Yeah. Okay, good. Good, good. So you won the lottery twice,

Warwick Schiller ([01:37:31](#)):

Won the lottery twice. Yeah. Um, I recently got my us citizenship. Have you, have you done that yet?

Carla Bauchmueller ([01:37:37](#)):

I'm a citizen too. Yeah. Since 2017.

Warwick Schiller ([01:37:40](#)):

Oh, well you beat me to it. Okay. And one last question for you. And I, you know, there has been no one I have interviewed on the podcast who has not chosen this question. And this question is probably the one question out of those 20, that the average person on the street would steer around and go away from. So it kind of tells a bit about the quality of the guests I have on here. But the question is, what is your relationship like with fear?

Carla Bauchmueller ([01:38:10](#)):

I don't want fear to hold me about, to live my dreams. And this is something that I've always followed through in my life. And I'm not a fear, less person when I was a teenager. And we wrote all these crazy lesson horses that were backing and bolting with us. We came off all the time. I don't know. I stopped counting. How many times, like came off. I had tummy pain when it was my on Friday. My lesson lesson was on Friday afternoons. I had tummy pain all morning and because I was so nervous and I was so afraid to actually get one of the horses that I knew they would just buck me off. I just knew. So I was really afraid, but I wanted it so much. It was also the, the thing that I was looking forward to all week, I was like, okay, it's not going to stop me.

Carla Bauchmueller ([01:39:08](#)):

I'm just still going to do this. And that was, that was as a teenager. And then after, as well with a lot of things in my life where I just add that fear would, if there was definitely some fear, anxiety around these things, I was like, but I want this so much. I'm going to do it anyways. So I took a trips or the Sahara with a friend for instance. And that was like, okay, that's a scary thing to do, but I just knew I wanted to do it. And, and, and coming to the U S with not having a job, not having a place to stay being in our forties, my husband and I, and really not having huge savings. So anything, that's a bit of a scary thing too, but it was a dream and there was not one single second that I doubted that decision. I bet that I had, even that fear come up. And when we went over here and I, there were some moments where were, there was some nervousness, but, you know, that was the dream. And we were just following through.

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

Wow. Um, so how did you cross that Sahara?

Carla Bauchmueller ([01:40:18](#)):

Yeah. That's another story I thought you might like. Um, yeah, so I had, um, a friend who did that on a regular basis. He bought cars like kind of rundown old cars in, in Germany, and then it draws them. So with a sour and then sold them in Nigeria. And you got, you bought them for like something like 2000 bucks and you sold them for 4,000. So you have the, your trip in painful. And so, and he was looking for people to join him. A friend of mine said, oh yeah, let's do it. And so we did it, this really experienced guy, he dropped out last minute. So my friend and I, who didn't have a clue what we're doing, we, we were, we said, okay, no, we, we bought this gun. We were just going to, don't do it. And this is all the experienced guys at, oh, I'm going to show you what you need to do with it.

Carla Bauchmueller ([01:41:13](#)):

So yeah, we take the book that prep and it's, um, that was, that was a crazy piece, but the crazy on even more intense part was that my friend had to go back after our trip. And, um, I had another two weeks to spend by myself. So I went, it's in Nigeria, by myself with quite a lot of money for African, you know, like west African standard. It's quite a lot of money in my pocket. Um, and I hired a guide to write, was me on a camel, through like we had a 10, a 10 day ride through the site to the outskirts of the Sahara. And he took me to places where the kids in the villages had not seen a white person before. So it was really remote places. And the kids, you know, there's like little kids up to 500, 6, 7 years old.

Carla Bauchmueller ([01:42:12](#)):

They hadn't ever seen white skin and I was all colored up and things, but, uh, you could see my hands. So I had a kid on each of my finger and cause they wanted to touch that white skin. My were touching it and we're going to E what is this? What is this functioning strange skin? And then I had a little black kid on each of my fingers and I was just hanging on to it because there was a thought that that was so interesting. So that was, that was the biggest pots. You have a triplet sour was just totally amazing when sleeping under this amazing night sky. And that was really fantastic, but there's right with this one guy really well, I didn't know. I was, no one else knew where I was. Well, I was, um, I could've have gotten lost easily. Like he could have just taken my money and no one would have ever thought about my body.

Carla Bauchmueller ([01:43:05](#)):

Right. And, um, but that was a moment and I knew it was kind of crazy to do that. Um, but I wanted this so much. It was like, this is what I need to do. I need to do this. And so there was again, like not really fear coming up because I was just like, this is what I want to do. And then I went to, uh, for that trip that was big time life changing to really experiencing the people, staying with them, also, almost being integrated and into their group. Like one, one moment. Um, I had medication on me and, um, the one-off one family that we came to, the man had malaria and they asked me if I had some kind of medication and I actually had malaria medication. And so I explained to them how to take it, et cetera. I saw the guy took it and the next morning he felt much better. It was actually sitting up again. So his wife's, he had three wives and the kids, they invited me to sit with them and they showed me how to prepare dinner and all this. And we didn't speak each other's language. I, we spoke French, but just with a guide, but, but we were just using hands and feed and think things. Um, and then they said that's through the guide. They told me they would invite me to stay with them as, as the fourth wave of their husband.

Carla Bauchmueller ([01:44:39](#)):

But this is a right. It's, it's funny. But what that meant is they were ready to make me part of their small family. It was just this guy with his wife that that was their family. That was, that was them. And they were often to make me their sister, right. Their sister and part of their family, because they felt I had saved. First of all, I saved the husband, but how they fell, they might've survived without me, but I don't think he really would have. Um, so I kind of saved his husband. Um, but they also found a liking to me. Right. And they just, they were like, okay. And you know, like often communicating with hand and feet, they weren't like, okay, you can, you want to be part of our family.

Warwick Schiller ([01:45:26](#)):

So that's pretty special. Yeah. Wow. Uh, so when you drove from Germany down there, so you go from Jim let's list, the countries you go through, so you go from Germany to France and Spain, and then so across the Strait of Gibraltar there and you end up in Morocco, is that correct?

Carla Bauchmueller ([01:45:45](#)):

Uh, yes. No. I think we took another route. We crossed a little earlier and we took the ferry and then you go to a G area. You don't go tomorrow. I'll call you, go to, uh, Algeria. And then you drive through a, a G area and then you come to Nigeria and, um, that's what we saw. Wow. What a trip? How long did that take? Think that was four weeks. Took us four weeks to drive down there and then I stayed another two.

Warwick Schiller ([01:46:17](#)):

Yeah. So did you four weeks to drive down there? So were you kind of having a little bit of a look around on the way?

Carla Bauchmueller ([01:46:25](#)):

Yes. I mean, you're pretty, pretty busy driving because you cannot go very far. The roads are, if there are roads, they are a collection of portals. Right. So, so you can't drive very far and plus you are totally dependent on your vehicle. Right. If you're a vehicle goes down, then you're in real trouble because there's, you know, there's, um, the words, the partially driving with other, but they were, they were from there. Cause we're full. So if you, your vehicle was everything you had, so you would take really good care of that. Um, and, uh, and avoid the potholes. And so we're driving slowly. Um, but yeah, we stopped in some villages and cities. And at that time, I, I don't know if you can still do it, but you know, that was before GPS. I was like, I think it was like 21 or so.

Carla Bauchmueller ([01:47:17](#)):

That was before GPS, before, um, mobile phones. There was no way, like when I left and freak my father out, I mean, I do, I understand why. And he said, you got to call me on a regular basis just so that I know that you're okay. And I said, no, dad, I'm in the middle of nowhere in Africa. I have no idea if there are any phones at all, if they are working, if I can get through to Germany, let's not do that because it'll make you freak out. And plus, what do you want to do if after two weeks you don't hear from me, do you want to send helicopters after me? Or, you know, I don't even know where I am. Sorry. I had to calm my father down and say like, you know, I'm not, I'm going to call you when I'm back in Paris. Right. But I'm not going to call you out. And I'm glad I did because there were no working phones at the time. There was no way for me to call Germany no way. So, um, yeah, no phones, no, no GPS. So we just had to follow instructions, the follow the map and go for it. And, um, it was crazy. Yeah.

Warwick Schiller ([01:48:21](#)):

Yeah. That's amazing. You have to do that. Cause I imagine that experience, um, makes up quite a pot of who you are today.

Carla Bauchmueller ([01:48:33](#)):

Yes, yes. In, in many ways. Um, because first of all, overcoming the fear, right. Overcoming or even the doubts and really knowing I want to do this and I'm going to do, this is a dream I'm going to do this. And even in a way, I told myself, even if it costs my life, it's I want to do this so badly, then that's it. Right. So, um, overcoming fear, really following my dreams also seeing was how little people can live. Like these people that I visited there, they had to attend, they had a couple of goals. Uh, they had a carpet to sleep on. They didn't even have clean drinking water. Right. I shared my water when I could with them. Um, so, but they were happy with what they had that happiness.

Warwick Schiller ([01:49:28](#)):

Yeah. I was just about to say a bit though. I happy. Yeah.

Carla Bauchmueller ([01:49:34](#)):

They were happy. They had each other, they help the community, they, and then coming back to Europe, I was like, oh God, you've got all these huge houses here. You've got all these super clean and S and a well-working cars to compare to what I had seen in Africa. And, uh, but are people happy?

Warwick Schiller ([01:49:57](#)):

Yeah. That's the thing, that's the thing I've found. Like I've been to, um, uh, a Maasai village in Kenya. And then I went to Mongolia last year, the year before, whenever it was with my son and stay with the nomads and their girls, you know? And when you, like you just said, when you're around people that have nothing or very what we would consider nothing very little and you see how happy they are and then you come back and you kind of look around at what we have and, and how unhappy people are. You kind of realize that stuff is not the answer.

Carla Bauchmueller ([01:50:37](#)):

Yeah. Since it's not the answer. And that is about that. If you haven't seen it for yourself, if you have not, you know, that's one of the thing it's, what's so important for me to have that experience, to really see the people living that way and how open there were, how ready they were to share the little things that they had, you know, there's all this, this sense of community. And like the, it, I think it changed my value system. Right. And when I came back, I, I moved to a smaller place because I felt I don't really need that much. And I had moved into, uh, some room for some flatmates because I felt I wanted more of that community. And so that's, that was definitely stayed with me.

Warwick Schiller ([01:51:24](#)):

So amazing, amazing stories. And, uh, thank you so much for sharing them or whether it's on the podcast. So if people want to know more about you, what you do, how do they, um, how do they find you Carla?

Carla Bauchmueller ([01:51:40](#)):

This way is over my website. Um, the business, my business called the intuitive of writer and my website is called the intuitive writer.com. So that's, that's a great way to find me. And there's some fun styles. I've got a little quiz on there. When people take that little two minute quiz, then you can also get a video free video training from me. And that's a great way to get in touch with me. And, and obviously if you're, if anybody wants to just get in touch and email me, please do so, or you'll find out, um, a form on the web, on the website as well. Or you can get in touch with them. I'm looking forward to connecting to anybody who's interested. Awesome.

Warwick Schiller ([01:52:22](#)):

Well, it's been great having you on the podcast Calla, but just to tell people at home, I will reiterate, because I said it before, I've watched you, um, work with writers at the horse expo, and I think you are doing an amazing job at what you do. So, and you know, I wouldn't, uh, if you guys at home, I wouldn't hesitate to contact Carla and not be involved in, in what doing cause I think you do amazing job at it.

This transcript was exported on Jul 30, 2021 - view latest version [here](#).

Carla Bauchmueller ([01:52:48](#)):

Thank you so much. Thanks. That's fantastic to

Warwick Schiller ([01:52:51](#)):

Hear. So thanks for joining me and sharing all your wisdom and your stories. It was, it was amazing having you on here.

Carla Bauchmueller ([01:52:59](#)):

Thank you so much. It was really a great pleasure and great honor to be here. Thank you.

Warwick Schiller ([01:53:03](#)):

And you guys at home, thanks so much for joining us and we'll catch you on the next episode of the journey on pod.

Speaker 1 ([01:53:09](#)):

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