

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. Just be

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

Welcome back to the journey on podcast. I'm your host Warwick Schiller in one of the earlier episodes of the podcast was on, I did it on on books that have influenced me. And one of the books that were featured in that podcast was evidence-based horsemanship by Martin black and Dr. Steve Peters. And even though they basically wrote the book, their names and the title, the book was really a lot to do with my guests today. Maddy butcher, Maddy did a lot of the work compiling that book as well as organizing the following DVD. Maddy is an author and a journalist and also the organizer of the best horse practices summit. So I'm, I'm really happy to have Maddy on the podcast today and share some of her journey, Maddy butcher, welcome to the journey on podcast.

Maddy Butcher ([00:01:36](#)):

Thank you so much for having me work.

Warwick Schiller ([00:01:38](#)):

This is going to be exciting cause you know, I don't know how many of these podcasts you've listened to listen to, but a lot of, you know, this podcast is about people's journeys and kind of how people got to get to doing what they're doing these days. But I guess before we figure out what you, how you got to what you're doing these days, what exactly are you doing these days? I mean, I know you've written some books and you have a website and you know, you've got your fingers, a lot of different pies, but exactly. Can you tell everybody what, what you are doing these days?

Maddy Butcher ([00:02:10](#)):

Let's say the short response would be, I am by trade a journalist, a reporter, and I cut my teeth in the sports department of a small town newspaper actually when I was just out of college. But soon enough I threw all in with horses and have had horse related websites for some time. And along the way, I became a director of a conference called the best horse practices summit. And along the way, I kind of kept my hand in more mainstream journalism with op-ed pieces in places like the Colorado sun and the Washington post and high country news. So I am a bit of a Swiss army knife when comes to what I'm doing. And of course I, I ride, but I'd, I'd call myself an adequate rider, pretty average gal.

Warwick Schiller ([00:03:10](#)):

So you mentioned the best horse practice summit. I was trying to think, is that where we met for the first time?

Maddy Butcher ([00:03:15](#)):

No, we met at this tiny little event called the Horseman's reunion in Paso Robles, California to a decade ago,

Warwick Schiller ([00:03:28](#)):

It's gotta be, it's gotta be two there's 11 and I wasn't sure if I met you there. I know I met Steve there cause a picture of him. It must've been around this time of the year because a picture of Steve and I just popped up on Facebook memories this morning. And so I knew I'd met Steve there and I, I wasn't sure if I'd met you there. So when I met Steve there, him and Martin black had just put out evidence-based horsemanship. Right? You had a lot to do with that book, didn't you?

Maddy Butcher ([00:03:59](#)):

I did. I helped them with the manuscript. Yeah, well they are both really wonderful at everything they do. I had a little more strength when it comes to writing and editing and that's where I helped them out

Warwick Schiller ([00:04:12](#)):

Politically put that. That was quite good. Yeah.

Maddy Butcher ([00:04:18](#)):

Some of the skills I've acquired as a conference director diplomacy at a, at, at every turn.

Warwick Schiller ([00:04:25](#)):

Yeah. Very cool. Yeah, when I first heard about that book coming out, I was so excited cause I had read some articles in different places online and it was like, this is this stuff's groundbreaking. This is like, this is the stuff I wanted to know. And it was funny. I think I've told you this before, but when I finally got my hands on a book as this little skinny book and I was expecting something like, you know, warrant piece, you know, that's kind of, that's what I wanted was I wanted all the answers because like these two guys have got some serious answers. Did you have a hand in writing those articles that I'd read to

Maddy Butcher ([00:05:06](#)):

Say again? I'm

Warwick Schiller ([00:05:06](#)):

Sorry. Did you have a hand in writing those articles that I'd read?

Maddy Butcher ([00:05:10](#)):

I wrote a lot about evidence-based horsemanship on my sites, like best forest practices and NICAR news because like you, I found the blend of science and evidence from what we can see in a round pen or what we can feel with our horses as just yeah, like a paradigm shifting type of approach. So I have written a lot about it but a lot of people have written about what Steve and Martin have, have done. So yeah, I mean, there've been articles in Western horseman and geez, I, I don't even know what else, but you, you may have read something. I, I wrote, I would like to think that you have read what I've written more because I think I had a good handle on it, but

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

Yeah, well, I, I think, well, I think I read all these, you know, this is before the book ever came out, like I was waiting for this book to come out and so, you know, it wasn't like the book was out and people were reviewing it and things like that. It was, it was beforehand. But so I did meet you at the horseman Jr. Yeah, that was that was, that was 10 years ago. Did you, what were you doing back then? Did you have like the Nick and news website or any of that back then? And if you did, what, what led you to have

a cause these websites, it seems like it's a labor of love. Like you are not selling a whole lot of stuff. You're just compiling information and giving it freely to the, to the populous sort of thing. What led to doing those sorts of things.

Maddy Butcher ([00:06:55](#)):

Let's see, I'm trying to divide up your, your questions. Cause I think there's more than one question in there, but when when I got involved with evidence-based horsemanship and looking at brain science, which I have subsequently written my own book Horsehead I was getting back into journalism after being away from it for a few years. And I spent that time running a course horse care horse sitting type business. And I was seeing a lot of things from barn to barn. So I went from barn to barn taking care of other people's horses, it's called 24 karat horse care. And and so I got back into writing with my first website, knicker news and, and just was like you say, it was completely a labor of love. I think I had 16 subscribers when I first started.

Maddy Butcher ([00:07:58](#)):

Now I have about 5,000. And it was just, I mean, I think the first articles were like what to have in your equine first aid kit and what to do when you have a loose horse or something like that. I just put a handful of articles out there. When I met Steve, I was just essentially covering it as a, as a reporter. And then w kinda got more roped into getting the word out about the horse brain science, because like you, I felt it was some of the most compelling stuff back then. And, and you could make the argument that it still is. So yeah, that's, that's how things developed

Warwick Schiller ([00:08:51](#)):

And that's, but that's one of the NIC and uses one of your websites,

Maddy Butcher ([00:08:55](#)):

Right? Yep. I have how many do I have five or six? There's a website called best horse practices. Another one called Horsehead, which is limited to brain science. And I ha also have kind of an outdoor recreation, one that is called high country outsider. And then of course I had maintain and develop all the content for the best horse practices summit, which has its own distinct website.

Warwick Schiller ([00:09:26](#)):

Yeah. So I was lucky enough to present what was it? It was your first best horse practice summit. Wasn't, isn't it?

Maddy Butcher ([00:09:35](#)):

I should say we were lucky enough to have you.

Warwick Schiller ([00:09:37](#)):

I know it was very, I was very humbled to be included in the whole thing and it was in Durango, Colorado, and I'd never really been to Colorado apart from going through Denver airport, which if you guys don't live in the U S it's, it's a, it's a major hub sort of airports and you go through Denver a lot going anywhere, but I'd never, I don't think I'd ever set foot outside of Denver airport. So it was really cool to fly into Durango, which is this little old Western town and up in the, in the mountains. And yeah, that was that was a very, very cool summit. You know, we such a varied range of cool people. You know,

we had, you know, good Hirschman, you know, he's a German, basically biomechanics expert. He was talking all about, you know, where the state of horses is going as far as biomechanics and different things about that was fascinating to listen to. What was the doctor's name? She talked about the dentist study about horses being in at night, out in the daytime, out in the out, out at night in the daytime and feeding habits. Who was, who was that lady?

Maddy Butcher ([00:10:45](#)):

She was Dr. Sherry King. She, yeah. So Dr. King is giving our keynote at in a couple of weeks at this year's summit where you, I should, I shouldn't make sure all the listeners know where you are presenting also. So yeah, Dr. King is actually on the summit board and she has generously agreed to give the keynote address also this year.

Warwick Schiller ([00:11:13](#)):

That's very cool, you know, listening to her. It's like she just looked at things probably in a, in a way I hadn't heard of people look at it before, but what that did was they, they they observed a large number of horses over 24 hour periods. And like the students marked down how much time they spent standing, how much time they spent moving, how much time they spent eating. And then I put horses, you know, inside at night and outside in the day outside at night, inside the day. And they studied in inside with lights on inside with lights off and they studied you know, they took careful notes of how much of what activity they did and fell enough, like most show horses they're inside at night with, with lights on not all night, but, you know, so to give them 16 hours of sunlight a day, and then they might be out in the daytime and it was actually the opposite.

Warwick Schiller ([00:12:09](#)):

That was, which was the optimal, they ate more. They great. They spent more time grazing. Yeah, it was really interesting that they would be if you're going to have him in, in the daytime. Oh, in Ian for half the day and out for half the day inside and the daytime was much better. And, you know, so it's, it's probably it's probably like Arizona is the perfect place to do that. You know, Montana's not, especially in the, in the winter time, but it was, yeah, it was fascinating because I'd never really thought about the difference between those two and it's, it's people like that, that look at things differently like that, that I find fascinating that, you know, stuff that I wouldn't wouldn't have thought of.

Maddy Butcher ([00:12:54](#)):

Yeah, yeah, no, she's, she's been pivotal to the kind of the spine of the best horse practices summit, because she has such a strong background in academics, academia, as well as research. And you know, she's, she's legit. I feel honored to know her and, and honored to get to know her over these last five years as we've developed, developed the summit.

Warwick Schiller ([00:13:25](#)):

Yeah. I thought she was, she was pretty legit, but there was a whole lot of other legit people there Martin Black presented. He was very cool. And what was, I think the coolest thing that whole summit. So if you guys listening at home, the difference tryna summit and a horse expo is a horse expo, this stuff going on all over the place all at the same time. And a lot of times you get a horse expo and the three people you want to see are all on at the same time. Whereas this summit, there's only one person presenting at a time. And so everybody gets to sit there and listen to them. But one of the coolest things, we had a dinner on the Saturday night, in the, in the place where the summit was held and was

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this, the summer was held in this cool old theater in, in downtown Durango, Colorado. And it was very, very cool it's old fashioned data, but we had a dinner that night in the, the post, I guess, post dinner or during dinner in attainment was Randy Ryman and

Maddy Butcher ([00:14:32](#)):

Randy Riemann and Brian Newburgh, Randy,

Warwick Schiller ([00:14:34](#)):

Randy, and Brian Neubert. And they set up on stage and they told stories about Tom and bill Dorrance and Ray hunt. And it was just, you know, they both spent a lot of time around those guys and it was just absolutely fascinating. Listen to some of those stories. It was, it was the highlight of the whole weekend for me. It was so cool.

Maddy Butcher ([00:14:58](#)):

Yeah. I think it was the highlight of the weekend for, I would say I'd like to say almost most of the people there. And I was watching, you know, kinda in the back and as the director watching and people were crying it was such a powerful visit with those two. And I'd like to say, you know, the, the paradigm that I wanted to have with the summit was to have it always be intimate, always be small to not blow it up to 10,000 people coming. But to have it accessible through videos that have been recorded of all the presentations, so that very special evening of Dorrance stories is available online. Which I think is really cool. Randy and Brian, just sitting drinking tea and, and talking about bill and Tom is, is we all can watch it over and over if we want.

Warwick Schiller ([00:16:07](#)):

Where, where do you get to sit there? Cause I'd love to watch that again.

Maddy Butcher ([00:16:12](#)):

So if you go to and maybe you can link to this in the show notes, but if you go to best horse practices, summit.org, and you go to the video lab, it's a top menu item. You should be able to navigate your way through to 20 18, 20 19 presentations. And if anybody has any trouble finding that, like you work, I can send you the link directly it's on Vimeo is the platform on which we put all our video on demand. So some stuff, quite a bit of stuff actually is available for free and some is available to, to stream. I think you can stream most of our videos for like five bucks for the entire year. Or you can buy a whole year's worth the, that that's say the 2018 presentations, you can buy the entire package of presentations, which are number about 12 each year. You can buy the whole package and, and watch them all. So,

Warwick Schiller ([00:17:19](#)):

And I think the year that, that Brian and Randy did, that was 2017, wasn't it?

Maddy Butcher ([00:17:26](#)):

Yes, you are correct. I'll have to look back. It's all a bit foggy.

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

I knew I had to, I knew I had to, on the second day I had to cut out early cause I had to fly from, from Durango to Denver, to San Francisco, to New Zealand from there. And I know in 2018, I didn't do any

clinics. I took the year off to do the water question games. So I know I didn't fly to New Zealand from then. That's the only reason I I'm good on the dates. Cause I, I knew where I was going and when I was going there you know, that whole night with, with Randy and Brian, not only were the stories fascinating, but those two guys are storytellers. You know, Brian probably a bit drier than Randy, but, you know, yeah. I think that Randy could probably read the phone book to you and make it interesting, but yeah, it was such a cool

Maddy Butcher ([00:18:22](#)):

Randy, Randy performs every year at the national cowboy poetry gathering in Elko with mostly other poets poems. I think he has written some of his own. But his recitation is just incredibly elegant and and geez, I, you know, it's easy to be mesmerized by somebody who can not only pick wonderful poems to read, but have his recipe recitation be so silky and mesmerizing it's it's it's really something.

Warwick Schiller ([00:19:05](#)):

Yeah, that's pretty cool. So this year are you, cause it's an intimate gathering you sold out this year or is there still some tickets available for the best time?

Maddy Butcher ([00:19:13](#)):

There are a few available. Yes. Yeah. We're we've had more people this year, it being in Lexington, Kentucky than we've had in previous summits. So we're really excited. We're kind of bracing ourselves with with having it be 30, about 30% bigger as it in terms of attendees. So it's exciting. It's going to be awesome.

Warwick Schiller ([00:19:43](#)):

Yeah. We had a funny incident at that first one. We had a gathering the first night, like we had a, like a little meet and greet sort of a thing and Patagonia, Patagonia, the clothing company were kind enough to one of the sponsors for it. And we w you gave us, we arrived and you gave us our little care package. And Robin and I went up to the rim, got changed. We come down for dinner and I've got given this pledge, do you laugh in the launcher? I got given this pledge shirt that I'm wearing that was kind of foam fitting, whatever. And I realized that you got me a lady.

Maddy Butcher ([00:20:22](#)):

I don't think I got you a lady shirt work. I think that maybe you grab a Robbins or something

Warwick Schiller ([00:20:31](#)):

And there's

Maddy Butcher ([00:20:33](#)):

Photos, there's photos of you being very lady like in your, in your pep Patagonia workwear. So

Warwick Schiller ([00:20:44](#)):

I think we, I

Maddy Butcher ([00:20:45](#)):

Think we all match because you're surrounded by two women and we all were wearing the same shirt.

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

Exactly. The same shirt. That, yeah, that was a fun time. So let's talk about your books. How many books have you written?

Maddy Butcher ([00:21:02](#)):

Actually three a riders reader was published in 2012 Horsehead, which is brain science and other insights was published a few years ago. And then just out is my book called beast of being and the subtitle to that as partnerships unburdened. So that's just out just this week or so.

Warwick Schiller ([00:21:30](#)):

Oh, very cool. So let's talk about the first one, cause I'm sure you know, you and I chat a bit every once in a while and we're always, you know, we're both on a bit of a journey about things and I'm sure how you viewed the world, how you viewed horses, your understanding of them in 2012, with your first book writers reader. You probably got some different outlooks now. So what was the, what was the, what was the context of the first book?

Maddy Butcher ([00:21:58](#)):

All of the books are a compilation of my writings over the course of many years. And yeah, I, I think it's like working with horses, right. We always, we always say if only I knew then what I know now I think that I would have crafted it differently. I would think I would have worked with that horse differently. And the same goes for a writer's reader. I have become a better writer basically. And yeah, I certainly stand by my books through time. But that was an initial stab at pulling together a collection and an organized chapter by chapter book of like more academic treatments of coursework and through to more personal observations. And I think I did a good job. Do I think that the next books, horse head and piece of beings are better?

Maddy Butcher ([00:23:13](#)):

Yes. There are much, they are definitely better. And I got more, more and better editing help more and better design help. So, you know, pulling together a book as I'm sure you can appreciate with all your works and diverse interests. It's hard. It's not, you know, the most common thing that authors encounter, I think when people are around and, and, and talking about books and, and perhaps buying your book is, oh, I want to write a book. And I think that's wonderful. I think that anybody who wants to write a book should write a book, however it ain't easy.

Warwick Schiller ([00:23:56](#)):

What, what you're saying is you think you think that anybody who wants to write a book should just go ahead and try to, and then see it, see if they still want to write a book.

Maddy Butcher ([00:24:07](#)):

Yeah. I should say go to it and talk to me in a month or talk to me in six months when you when you're onto something else.

Warwick Schiller ([00:24:16](#)):

Yeah. You know, you, when I asked about that first book and you know, how things have changed since then, and you, you kind of said, well, I still stand behind it. And it's, and it's funny, you, you know, I've been putting out videos for about, as long as that book's been around. You know, I started putting out videos in 2011, I think. And I remember when I first started making videos. So I was making like full length training videos. If I had a horse that I was training, you know, especially problem horses or whatever, I would video every day with them. And maybe it wasn't quite that early, but there was this, I mean, one of the first horses I trained at that place I was at was this big warm blood, black warm blood stallion. And he was kind of a handful to start with.

Warwick Schiller ([00:24:59](#)):

And, you know, I do everything almost completely different than I did back then. But re I put up, I put a video on all the groundwork he could do and how well he could do it before I started messing with the saddle on, on YouTube. So it goes for like 10 minutes or something. And I went back and watched it recently and I'm watching a lot. I'm watching his body language a lot close and watching his eyes and watching his ears. And I'm watching, is he just being a bit in your seat? Pretty cool about the whole situation. And I was pleasantly surprised that her tell you what, I don't do things the way I used to do, but I think I did a pretty good job back then too. And I was actually shocked cause I was, I was watching it with a K this is going to be horrible. Like I'm not going to like much about this horse and, and you know, I'm thinking, you know, he's just going to be obedient and not terribly connected, but you know, is working and yeah. So I, yeah, I was, I was pleasantly surprised.

Maddy Butcher ([00:25:50](#)):

Nice. Yeah.

Warwick Schiller ([00:25:54](#)):

So then your, then your next book Horseheads. So this is, you know, this came out probably through three or four years ago.

Maddy Butcher ([00:26:04](#)):

About three years ago. Yeah.

Warwick Schiller ([00:26:06](#)):

Yeah. And so, you know, there's been a lot of water under the bridge since 2012. So Horsehead is a collection of stuff about mostly a brain science to do with horses. Isn't it?

Maddy Butcher ([00:26:19](#)):

Well, it leads with brain science and then it flows into more best practices as well as again, personal observation, it kinda, it kinda starts with K starts with steak and ends with cake, which is to say it starts with the information that I think is a bit harder to understand. Brain science is harder to understand than than, you know, just reading personal anecdotes about horse work. So yeah, I really, I really enjoyed it. I, I enjoyed pulling together the pieces, which exist. All the writing exists somewhere in the ether of the internet. But collecting it all and having it all be cohesive as a book is takes a lot of time. It takes time to get all that information in a bookish kind of way. So it's,

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



Yeah. I just finished reading a book yesterday that I picked up at the airport last week and I did a clinic in Washington last weekend and it's written by a Stanford psychologist and it's called dopamine nation and it is fascinating, but she talks a lot about not only things that she's noted with with patients and things like that, but she's drawn from a lot of other places. And I thought I still had a chapter to go when I got to the back of the book because there was still a whole lot of pages left and that was all the, I don't know what your writers call them, but you know, all the, the notations about where she drew, what other books, she drew things from it. And I was thinking at the time, imagine how long it takes to go through and compile all that stuff.

Maddy Butcher ([00:28:10](#)):

Yeah. Yeah. Citations and resources, I think are very important. I mean, it certainly adds legitimacy to any book. If, if you, if readers are wondering, well, how, how is it that she says that? Or how, how, how has that supported? They should be able to go to the back and, and dig into the citations. It's kind of, you know, I, I count 'em as good books, you know, a healthy citations, a bit like cookbooks that are really great because they have great indexes where if you're wanting to, you know, see all the recipes that have cocoa in it or something, you can go to the back and, and look for cocoa instead of look for a succinct recipe. So so yeah books like the one you picked up at the airport, I can imagine that would be heavy on the citations,

Warwick Schiller ([00:29:10](#)):

Very heavy on the citations and, and, you know, like she has waded through a great deal of heavy stuff and made it reasonable, readable for someone like me, who, you know, I, I, I start reading stuff that I have to stop every second word and look up the dictionary, meaning of it. It's had really hard for me to read. So, you know, hats off to you guys, you can take all that stuff and compile it all in one place, you know,

Maddy Butcher ([00:29:36](#)):

Well, it's not just compiling a work. I think that that's actually why I started my second website, which was best tourist practices. In 2012 is that it's hard to understand scientific research. You have to have a good understanding of the scientific method. You have to have a good understanding of how to move through from say an abstract to the methodology and the all the elements that you see all the time in research papers. And it can be a lot of drudgery. And you know, I have a bit of a science background. I graduated with a degree in biology and I'm used to reading research papers, and I completely understand that not, not a lot of horse people are friendly with that, that format of, of you know, the, the excuse me, the academic journals. And I figured it was my, my little niche to be able to translate good research into something that was enjoyable to read, because research papers are not enjoyable to read.

Warwick Schiller ([00:30:58](#)):

Yeah. Having people like you translate it into English for me is it's a blessing because then I, then I can get the information. And, and I think the thing is, you know, if you're passionate about sharing this sort of stuff, you want to make it for easy, easy for people to understand it, not hard for them to understand. It's not gonna make it easy for them to embrace the idea and, and pick it up rather than make it difficult for them.

Maddy Butcher ([00:31:24](#)):

Yeah. And the other thing that I see is something I can provide as being able to be allowed to use mild swears on this podcast. Or should we say baloney

Warwick Schiller ([00:31:37](#)):

Instead? Oh, no. You can say whatever you like.

Maddy Butcher ([00:31:41](#)):

So to distinguish between the good research and the bad and to be able to call on research that was built up in an ivory tower and really has no practicality in everyday horse work. And you know, I'm very appreciative of all the good equine research that is going on. However, I, I have seen that there is some research that where it is just incredibly obvious that these folks who are working with the horses don't really know horses, and that's been, you know, a decades long frustration of mine. Mike Campbell, who's a renowned Colt starter. And I had a conversation, I think it was at a main event, which is an event up in Canada that has folks like Mike and Martin black and other people starting courses over several days. And he, I think at some point he was involved with some equine research and he, he had some stories to tell about just how clueless these science folks were. And, and yet they would look at cold starting in and think that it was like watching paint dry. And to those of us who are, you know, horsey and, you know, cold starting can be fascinating to watch, but it's, it's like taking, I don't know someone who doesn't know baseball to a baseball game and fall finding them asleep next to you, you know, by the fifth inning, it's just, you have to know something about it or in order to appreciate it.

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

Yeah. And that's, I've, I've struggled with that too. Not that I'm in the scientific community, but you know, I have people kind of wanting to shove science down my throat sort of thing, you know, and I, I think it's, you know, in the say the science part of seeing nutrition, that's, that's pretty simple. But when it comes to horse behavior, and if you don't understand horse behavior, you don't understand how much you can influence horse, horse behavior, just with just little things to do. I remember seeing a, a study done and they were trying to, they were trying to figure out, do horses like positive reinforcement or negative reinforcement more, and what they had done, that they had built this T-shaped shoot in the middle of this arena. So they come in on the, on the bottom of the team when they get to the top, they could turn left or they could turn.

Warwick Schiller ([00:34:30](#)):

Right. Okay. And what they did was they blocked off the right side. So the horse goes up and hangs a left. And when he gets outside there, there was a piece of carrot on the ground. And so they put him through there a number of times until he knows if he goes left, he gets a piece of carrot. Then what they did was they blocked off the left side. So he couldn't go out. And as he walk into the, into the, you know, the straight bit of the T you know, that the upper right of the T there was like a little blast of air on his sides, which went away when he went out the right into the T. Okay. So this is, you know, that's negative reinforcement, the other side's positive reinforcement. Fair enough. So then what they do after they do this a few times, then they take both of the blocks out.

Warwick Schiller ([00:35:13](#)):

So the horse can go to the left or to the right. And up to, this is a video. And up to this point in time, there'd been a closeup on the T. And so they put the horse in there and he goes left. Okay. When he has a choice, he goes left. And so the whole, the whole thing was saying, yes, horses enjoy positive

reinforcement, Northern negative reinforcement. And I'm not saying that's wrong, but as the camera, the horse goes out to the left and the camera's zooms out pans out. And now you can see the whole arena. It's a fully enclosed arena with the one opening, which is the gate on the end of the positive reinforcement thing. And so you take away the tissue and you take away the carrot, you take away the blast of air and turn that horse loose in that arena.

Warwick Schiller ([00:35:58](#)):

He's going to run to that end and hang his head over the fence and look back at his friends. You know what I mean? And they talk about double blind studies. You would actually, if you're going to do this one correctly, you would then flip the T over. Right. So that now that the negative reinforcements towards the gate and the positive reinforcements the other way, and what you'll find is the horses, what their friends, more than I've read those, but, you know, it was just one of those, one of those, you know, and this was, was being, you know, promoted as scientific. We, we, we scientifically did it, but if you don't understand what the horse is going to do without an experiment, you, you can set it. You can extend an experiment up to where you're bound to get one answer, and that's not necessarily the right answer. It's not giving you, you know, scientific of information on what's going on.

Maddy Butcher ([00:36:53](#)):

Yeah, I think so France balls is a researcher and professor at Emory university and he researches mostly primates, but I remember, you know, a real pivotal piece that I read of his, and it was in fact in the wall street journal. And it was really chastising his fellow academics to know their subjects intimately before they start researching them. And for those researchers and the experiment that you described to not have an understanding of where a horse is going, not having anything to do with the carrot or the fan has to do with a herd mentality. And and, you know, may have other factors, but most definitely a herd mentality and, and most definitely, you know, their understanding of, of the structure of the barn and where, where their buddies are, you know, within that structure. I also remember a I think some kind of equitation science type experiment was done with music.

Maddy Butcher ([00:38:06](#)):

And the, the big headline was that horses like country music. And I've just, I was holding my head in frustration because of the, essentially the shabby science and, and of course this was not peer reviewed and it was not anything double-blind and know my response to a horse likes country music is you know, what does the horse like white noise? It does the horse, like you know, there's so many factors that will contribute to Horace giving quote unquote approval or quote unquote disapproval that that, that kind of study where you know, the horse was supposedly dissatisfied with jazz. It was just, it was kind of laughable apologies to those researchers that are listening to this and saying, Hey, that was good science because it wasn't, I'm sorry, it wasn't rude.

Warwick Schiller ([00:39:09](#)):

You know, maybe the horses were from Oklahoma and not from like Louisiana,

Maddy Butcher ([00:39:16](#)):

Maybe. Yeah. Maybe horses from Louisiana, just like bluegrass or something

Warwick Schiller ([00:39:24](#)):

On new Orleans, you know, they'd be that they'd be the jazz liking, like in hostess, but yeah. So please don't anybody think that I'm against science. I love science when it's done well. And you know, like Maddy said a second ago, I think it's, it's, it's kind of a catch 22 because the scientists need to be very aware of the nature of the animal they're working with, but it takes a lifetime of working with those animals to get that. And so they don't have time to, to, you know, they don't have time to do that. And so it's, it's you know, and another piece of science that, you know, and I, I'm not going to get into this debate about when's the proper age to start a horse. You know, I think there's as much science to say that, you know, bone density and things like that is better if they have some, you know, stress on them when they're younger.

Warwick Schiller ([00:40:28](#)):

But you know, you think about all the research that's done on young horses, that horses that are started young are done on race horses and race horses are carrying themselves in a biomechanically incorrect with a brace. You know, their back is bent the wrong way. There every muscle in the body is bracing against the range. There's no, they are not carrying themselves. Well, they carrying themselves with a great deal of tension for a long time. And, you know, when people give me information about that, I say, well, you know, like how many mountain blacks horses have they studied if he started them as a two year old? You know what I mean? It's an, and this is not, not the debate about what age to start them, but just taking, you know, basing your science on one particular part of the horse industry and especially a part of the horse industry where there is no, you know, not a whole lot of mental softness about the whole thing, which means there's a whole lot, a whole lot of physical about the whole thing. And yeah, it's, yeah, that, that stuff, it's, it's just hard to, to find the horses and, and have the scientists who have been around horses and up, but know enough science and it's, it's probably never going to happen because you just can't have enough lifetimes to, to be a very competent and aware horseman and a very educated scientist all at the same time.

Maddy Butcher ([00:41:58](#)):

Yeah. I agree. I mean, I have this I have that problem with myself, which is to say I'd L I'd really like to be a better horse woman. But I'd really like to, I love writing. I love writing and I love riding and to be good at both of them is, is challenging.

Warwick Schiller ([00:42:21](#)):

Yeah. I'm always amazed when you meet somebody and, you know, they, they have reached the masterful level at four or five different unrelated things, and you're

Maddy Butcher ([00:42:31](#)):

Like, wow, it's frustrating. Isn't it?

Warwick Schiller ([00:42:34](#)):

I, it doesn't fresh gripe me. I'm just, I just didn't Meyer. Then I'm like, well, you know, my knowledge is like an inch wide and a mile deep about one subject, but that's, you know, I can't do much else. And, and these people, you know, they, they might know more about one of their subjects than I know about my one subject and they've got five things they can do. So, yeah, it's,

Maddy Butcher ([00:42:59](#)):

It's amazing.

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

Pretty amazing. So your most recent book, what's, what's that one, all about

Maddy Butcher ([00:43:10](#)):

These of being is? I think we w we run parallel a bit in our journeys work because I've kind of come to the conclusion that in order to be good with horses, we have to be good with ourselves and we have to work

Warwick Schiller ([00:43:28](#)):

At our round of applause

Maddy Butcher ([00:43:32](#)):

And we have to be we have to be able to work on ourselves. We have to be able to Excel at human ship. And yeah, that's a journey. Right. so I think the comments that I've gotten so far around that work is that it's less horsey than it's been in the past. And it's precisely because I'm looking more towards a conversation around human ship. And I don't know if, if you please don't ask me to define human ship. I think your listeners will probably, you know, can probably tell themselves what that is, but it's, it's my shorthand for just, you know, work on yourself and yeah. And, and being a work in progress, which is kind of my, my tagline for how navigate life,

Warwick Schiller ([00:44:34](#)):

You know? Yeah. There's, I mean, there's a lot of horse books out there. So if this book doesn't have that much horse stuff in it there's a lot of horse books out there, but I, I think this is this is the subject that really fascinates me these days, just, you know, in the past four or five years, I mean, you've, we've known each other for a while and you've kind of followed my journey a bit to where just working on yourself, which includes your, you know, your judgments, judges, others, judgments of yourself, your self-talk all sorts of things like that. That is, it makes a huge impact on what you do with horses without actually change necessarily changing the techniques. You know, it changes your attitude about what you're doing. It changes your perception of things. You know, I'm a huge fan of Wayne Dyer saying when you change the way you look at things, the things you look at change. And yet it's just, so I think that's I'm fascinated. That sounds like a book that I am excited to read, where did, so it's, it's a collection of articles as well that you've written.

Maddy Butcher ([00:45:44](#)):

It is, it goes it goes from steak to cake, like I said with a little less brain horse brain science stuff, then course head, but still, you know you and I have visited about polyvagal theory and there's a, there's an entry of on that in beast of being and, you know, so if one were to, if one were to have Horsehead and be SSA being together, they'd have a pretty good overview of, of horse, brain science. But then, you know, I wrote quite a bit about a pandemic and the pandemic with horses and pandemic with how challenging it was as well as I think, you know, the fallout from George Florida's death which, which motivated a lot of conversations, at least in my world. And and I think as horse owners, you know, w we can, we can really get stuck in our own little niche and our own little communities and, and fail to reach out to the greater world.

Maddy Butcher ([00:47:00](#)):

And, and certainly something like his death and the black lives matter movement. It motivated me anyway to reach out and see what changes I could make with not only how I was living, but also how I speak for the horse community or, or cultivate the horse, my own horses community with, within my website. So so there is several entries on just kind of the challenges of the past couple of years within the realm of being a horse owner and, and working with horses in a way that, you know, I, of course, I'm the first one to say that, or, or one of gazillions of people to say that working with horses has enlightened my, my living as a human wouldn't you agree?

Warwick Schiller ([00:48:03](#)):

Well, I think that's, you know, I spoken about this a number of times on the podcast, but I think that's one of the great things about horses is the, the, you know, the people are passionate about them and they're passionate about getting along with them. And so they're always for the most part, looking for a better way to do things. And when you get to a certain point, when you get to the, you know, when you get to the polyvagal theory point, when you get to the sentience being point, when you get to the point where they're not just a vehicle for our pleasure, I think then you start to look inside a bit and make, start to make some changes about how you interact with them. And those, I think those changes, you cannot do it with just horses. Once you start doing that, it becomes a part of who you are.

Warwick Schiller ([00:48:59](#)):

And so everyone around you kind of benefits from it. And so, you know, I've seen it so many times, you know, people go, oh, since I've been doing this with the horses, you know, I get along so much better with my husband or my kids or, or or my boss or my coworkers or whatever. And the thing about it is those people would not put the effort in it for their husband or for their kids or for their boss or for their coworker, but they'll put the effort in to get along better with their horses. And so I think that's, you know, that's one of the great things about horses apart from the million great things about horses, but one offshoot of that is people are passionate about it and we'll do, you know, do whatever they have to, to, to, you know, initially I think it's to get the horse to operate better, but at some point in time, when you cross that threshold to where it's not about what, what they can do for you, it's almost what you can do for them. I think I think stuff changes in a person there in a and everybody reaps the benefit from it, the whole of humanity rips.

Maddy Butcher ([00:50:12](#)):

Yeah, for sure. I think that's why I called it peace of being, because we're, our relationship with horses is evolving over the last hundred years from using them as piece of burden. And I don't even like the verb to use because I like you. And like so many people, I view it as a partnership. Of course we are responsible for their wellbeing. But but yeah, it is, it's a relationship. And I think that the, how you reach a higher ground, if I can be so ha lofty is, is by making those connections of how your coursework translates to relationships with people. And you know, it can really be impactful. I, I know a lot of people who have made that connection, and I know a lot of people who haven't to be honest and would their horsemanship improve if they were making those connections? Yeah, for sure. And, and they they'd be better people too. So, so it's a journey, it's a journey. And, and I would say I'm in the middle of mine. And certainly haven't, you know, I tend to think that there is a never-ending path, right. And, and at whatever point you think you have reached the apex, you have most definitely not reach the apex. I mean, you're just kidding yourself, right. Because there's always more to learn, always more to gain, always more to listen for. So,

Warwick Schiller ([00:52:01](#)):

So, yeah, but I think, you know, you know, there's that, that saying, it's, you know, it's what you learn after, you know, everything that's important. I think it's w when you get to that point to where you realize that it's only learning, it's, you know, you never have all the answers, it's just, you know, I think once you get to that point, you've got to remember how you get to that point. And a lot of times, I mean, for me personally, I know that that's how I got to that point. Whereas I got to a point to where, yeah, I've got, I know what I'm doing. I've got this figured out. And it was after, after you figured it out, that that is not true. And so I think we have to be quite careful about people who are at the point where they think they know what they're talking about and not be judgmental of them.

Warwick Schiller ([00:52:53](#)):

Cause, cause that's a, that is a place you've got to get to, you know, you've got to, you've got to get to that point. So it's not, you know, it's not a good point or a bad point. It's just a point. It's a point on the right on that journey. And it's very easy. It's, it's very, I think it's so easy to, for a lot of people to judge somebody who's not as far along on the path, whatever path it is as they are, but you got to back and you get, you know, it's, it's funny that the, the people, social media, there's a lot of people who who you know, are spouting the fact that they're way more enlightened than the other people. And so they're, they're very negatively judging the other people. And, and I don't say it, but I kinda think to myself, you know, if you're all that enlightened, you wouldn't be saying that you wouldn't be feeling that way.

Warwick Schiller ([00:53:49](#)):

You wouldn't think you wouldn't be thinking that stuff, but, but yeah. Yeah, no, no, that's the, that's the thing I think is, and I spent lucky for me is, you know, a lot of people, the changes I've made in the last four or five years, a lot of people do that over 20 years. And so you almost forget how you used to view the world. It was five years ago. I used to view the world completely differently and I haven't forgotten it. So it's very, it's for me personally, it's very easy to look at somebody who looks at things away. I used to look at things and go, you know what, you're right. Based on where you're at. You're absolutely right. Go you. But I think if you've, I dunno, I, I, cause I haven't had, it happened over 25 years. I've had it happen in a short amount of time, but if it was over 25 years, it, it possibly be quite easy to forget the way you used to be. I don't know. I have not experienced it because I, like I said, it was a pretty sudden drop off for me.

Maddy Butcher ([00:54:55](#)):

Well, I lean on my kids, I think for keeping me honest and, and and tapping the rains a bit when, when it comes to things I say or share or believe in, because they will be the first to call me out and, and either call or say, I remember, you know, five years ago, 10 years ago when you were doing this, that and the other end. And yeah, we're all works in progress and and it's important to stay humble and it's important to cultivate as they say in Buddhism beginner's mind.

Warwick Schiller ([00:55:37](#)):

Yeah. That's yeah. That's exactly the thing. The beginner's mind then, then you yeah. It's yeah. It's an amazing, amazing way to be. There's a, there's a guy now that is a black dot and karate. And he was telling me that when he first got to be a black belt, then he was like, okay, now, now I want to learn some really cool stuff. You know, like now I'm a black belt. Now we can do some serious stuff, you know? And he said, and I was totally surprised. They said, okay, that now that you're a black belt, what you are now going to do is you're going to go back and you're going to relearn everything. You've

learned up to this point in time with a black belt eyes and a black belt experience. And you cannot learn that stuff with a black belt eyes.

Warwick Schiller ([00:56:22](#)):

The time around, you've got to, you've got to learn it on a somewhat basic level first. And then when you get to be a Blackboard, now we get to go back and we would get to redo it a bit better than last time. You know what I mean? It's not, you don't, you don't go further, you circle back around and you know, like the saying goes, you know, things, life is not a straight line, it's a spiral. And you keep, you know, you keep spiraling back and seeing deeper meanings and things you thought you, you understood. And I like to go back and read books that I've read in the past, and then you go back and read it again, like, oh my goodness side. Yeah.

Maddy Butcher ([00:57:03](#)):

Yeah. How did I miss this? How did I miss this? I have the same I have the same experience when I am going back with a horse. If I've, if I've kind of discovered that we have some serious holes and working back and returning to groundwork and, and seeing a brace that I should have seen years ago and seeing it so clearly it's just yeah, it's humbling.

Warwick Schiller ([00:57:35](#)):

It is. It is. And I think the thing you got to do, especially with the horses is be very good at forgiving yourself because it's going to affect what you, what the, you know, the, the relationship you're having with your horse and, and the relationship you have with you yourself and the interaction between you and the horse is going to be different. If you're looking at it like, oh God, I messed that up so many years ago because you're not present, you know, like yeah, this is true. Very cool. Okay. So we've got some questions here that I am going to ask you. If someone who's new to the podcast, I send all my guests 20 questions that I borrowed from Tim Ferriss has tribe of mentors book. And then I get people to choose a number of them that they, they want to have a chat about. So,

Maddy Butcher ([00:58:29](#)):

You know, where you got those

Warwick Schiller ([00:58:32](#)):

Yeah. Tribe of mentors is, is

Maddy Butcher ([00:58:35](#)):

Very

Warwick Schiller ([00:58:35](#)):

Cool. The book and it's yeah, Tim Ferris has a, yeah. He has a, he has a podcast and he has, and it was an interesting way to write a book because what he did was he always podcast guests. He sent them all of these questions and said, answer whichever ones you want. And then just compile it all into a book. And, you know, people from sports, people, CEO type people, you know you know, spiritual people, all sorts of people. And it's really fascinating to, to read

Warwick Schiller ([00:59:13](#)):



To read the common denominator. And one of the, one of the questions you did not choose, which an interesting one, and in that book is what book do you recommend most to people? What book you, you know, tell people about and the most common out of all the people that responded to that question in Tim Ferriss's book, the most common book is man's search for meaning by Viktor Frankl. Got it. Which is like, well, it must be a book to read. I've since read it since then. But I thought, well, yes, so many of these people, so that's a, that's kind of a, life-changing read, you know?

Maddy Butcher ([00:59:55](#)):

Yeah. I always recommend yeah, go ahead.

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

No, you always recommend it because you didn't choose the book one. Do, do you have a

Maddy Butcher ([01:00:03](#)):

No, I didn't choose it, but can I put it out

Warwick Schiller ([01:00:05](#)):

There? Yes, please. I'd love to hear.

Maddy Butcher ([01:00:08](#)):

So and you and I have talked about this book in phone calls in the past, but the body keeps the score by Dr. Bessel van der cop, which is an examination of trauma and and treatment of trauma.

Warwick Schiller ([01:00:26](#)):

Yeah. You're in your incident trauma stuff. I just recently read a very good book. Robin founded it Costco. It was basically a conversation between Oprah Winfrey and a fellow named Dr. Bruce Perry, who is a child psych apologist. And it's basically Oprah asks the question and he answers it, but it's all about trauma. And it's called what happened to you. And it is fascinating, which led me to listen to his audio book called the boy who was raised as a dog. Fascinating. You know, like if you, if Bessel VanDerKolk's Bessel abandoned, Koch's book, you know, the body keeps the score first and eights you, this is another deep dive

Maddy Butcher ([01:01:12](#)):

On it. I've written it

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

Down in into that stuff. And I got to tell you a very quick snippet from the, what happened to you book. He was Dr. Perry was saying that he had been called to a hospital. A boy was in a coma and he had, you know, it was very sad story. He had been taken from an abusive home and put into foster care and was the foster care was probably just as bad as the abusive home he was taken from, but he was and he was probably, yeah, I don't know if he was 12 or 14, 15 at the time when he was in the coma. And it really, this little story really made me aware of, of the free state and the fight or flight state. And so while he was in the coma and Dr. Perry had heard all about his history and all this sort of stuff.

Warwick Schiller ([01:02:12](#)):

He was thrown down a flight of stairs by his foster father. That's how I ended up in the coma. But he, so this child in a coma and he decides Dr. Perry decides to do some experiments. He tracks down the birth father. So the original father that he was removed from and gets an article of clothing of his, that he's been wearing. And then he gets an article of clothing of the the foster father. So this kids in in a coma and his, his blood pressure and heart rate and all that stuff is average. So he takes an article of the clothing from the, the original father when this, so, so there was trauma when this kid was very, very young and he puts that under this kid's nose and immediately his blood pressure and his pulse drop boom. Wow. Okay.

Warwick Schiller ([01:03:08](#)):

So it goes into freeze mode, but when he, he takes that away and then he lets him normalize again, and then he gets an article of clothing from the foster father and puts it under his nose and his blood pressure, his pulse go through the roof. And so, you know, there was a trauma associated with the birth father, but his response to that, because he was so young and didn't have access to photo flight, his body goes into freeze mode, but then later on from that other stuff, he's button. And so the, you know, it's, it wasn't like he just had one response. It wasn't like, it was, it was scary. It was traumatic. And his blood pressure and his pulse went through the roof roof. It was, it was case specific. It was, it was smelled specific and it was unknown stuff like that just fascinates me.

Maddy Butcher ([01:04:00](#)):

That's fascinating. Yeah. I'm glad you mentioned that. And I'm, I've made a note of the books, my long list of books I have to read.

Warwick Schiller ([01:04:08](#)):

Yeah. It's a pretty simple read because it's like a question and answer thing. So it's not like big, long involved, involved things. Okay. So we're going to get to your questions. And like I said, these Maddy has chosen these from the list of 20 questions. So I'm not springing anything on her. What accomplishment are you most proud of?

Maddy Butcher ([01:04:30](#)):

Hm. I like this one because it involves something that we've talked about, stretching our comfort zones, and I'd say definitely developing the best tourist practices summit is something I'm most proud of because it required me to really work outside of, of what I was already pretty confident in something like writing. There is, I don't know how many of your listeners are, are a non-profit or affiliated with nonprofit or non nonprofit directors or what or whatever, but it it's you have to have a wide range of disciplines and you have to Excel at being able to delegate and being able to get help where, where you don't know things. And and I have managed to navigate that to a certain degree with the best horse practices summit. And I'm also happy that we at the summit are creating a legacy because as I mentioned before, all those presentations are available online and will be available online for years to come. So, so yeah, that's, that's the answer to that question more?

Warwick Schiller ([01:05:52](#)):

Well, that's, that's a great answer. Cause I think that's an amazing thing you guys have done and I'm, I'm looking forward to this year. It's going to be fun. Okay. So what have you changed in the past five years that has helped shape who you've become?

Maddy Butcher ([01:06:09](#)):

I would say that I started paying a lot more attention to how I am and you know, what I've termed human ship. I have been more open about talking about it with people. I've worked with a life coach. I've gotten more help actually Amy Skinner and I, and a few other horsewomen have helped me. And I know that this will probably resonate with you. But I think being, putting yourself out there and being vulnerable makes you more resilient, which is, I think really counter-intuitive, it took me a long time to get my head around it, but but it does, it makes you more resilient. Certainly makes you more empathic. And that was not something that that I could appreciate five or 10 years ago. How about you?

Warwick Schiller ([01:07:18](#)):

Yeah, well that, yeah, that whole vulnerability thing. It's, it's, it's what they say. It's, you know, it's the ultimate and bravery because it's the, you know, it's the stuff that you're ashamed of that you don't want to share with people because you feel like you'll be judged or ostracized. And, you know, we're very, very hardwired to, to not, you know, not off the tribes, so to speak because we'll be kicked out on our own, you know, that's very, very old hardwiring sort of thing. But the thing, when you be vulnerable like that, you tend to think you're going to be judged poorly and all you ever hear is, yeah, me too. And, and, you know, right. And someone's got to say it, someone's got to say it first in order for, to get them, the me too back. And, and, and I think you are spreading, you are spreading this when you are vulnerable to people who say, yeah, me too, because then they might say it to somebody else, but it's it's yeah, it is.

Warwick Schiller ([01:08:21](#)):

I think it makes you more resilient, but I think one of the reasons that makes you more resilient because it, I don't know. I think holding that stuff in there make some walls that, that aren't pliable. You know what I mean? You, you, you can't be, you can't expand and contract because you just, you're just shelled off. You're just kind of stuck in and, and and walled off. So yeah, it's, it's, yeah, it's a, it's a very, I think it's a very cool and worthwhile thing to do, you know, it's, it's funny. Have you ever seen the movie fight club?

Maddy Butcher ([01:08:58](#)):

Yes, I have.

Warwick Schiller ([01:08:59](#)):

And think about there. He starts going to all those AA meetings and and I meetings and stuff like that, and kind of spilling his guts to a bunch of strangers and he kind of becomes addicted to it. It's like, it's an addictive, it's it feels good to get that off your chest sort of thing. You know? So he, you know, he, even though he's not an alcoholic or, or, you know, has a narcotic problem, he goes to all these things because he can get him in front of a bunch of people and, and get it off his chest. And this there's something the most exhilarating what it is, but it's the feeling afterwards. It's kind of like working out, it sucks at the time, but afterwards it's a good feeling. And it's something about that.

Maddy Butcher ([01:09:41](#)):

Yeah. Good

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

Movie. Yes. Interesting movie. So next question for you. So where do you find motivation or inspiration for what, what you do?

Maddy Butcher ([01:09:55](#)):

You know, I have learned with my writing you know, I operate a lot on deadline for various projects that I have. And it's easy. It's kind of like horsemanship in the if you put a lot of pressure on yourself it has the opposite effect of, of being creative or being relaxed. And, and my, what I've learned to do is to have faith in, in how I work. And some of my motivation and inspiration definitely comes from just walking away from what I'm doing. And having faith that things will come more easily when I'm away. It's like dwell time. With horses, we all know that dwell time is essential for horses to learn, to be able to have a break, whether it is a five minute break or whether it's a 20 day break or whether it's some are being turned out to pasture.

Maddy Butcher ([01:11:04](#)):

Those are essential elements for a horse to develop. And for me being, having faith that by walking away from my laptop or walking away from even the dry lot where I might be working with a horse will benefit me is kind of a great realization. You know, it's not only that I have confidence in myself, but it is that all those, all that neurological stuff that Stu that is going on when you're trying to put together an essay or when you're trying to solve a problem, that the time away from the problem or the time away from the project will help you in its in its own way. Does that make sense?

Warwick Schiller ([01:11:56](#)):

Yeah, it really reminded me of a Gabby Bernstein quote. I saw recently where she said, oh, what did she say? It was something to do with, you were just talking about faith. And she said, those who have faith in the process can afford to wait without anxiety. I think that's, maybe that's paraphrasing a bit, but those have those for those who have faith, they can afford to wait, we'll be patient one or the other without anxiety. So you have to have faith. You have to know that, that it's, it's beneficial and it's, and it's going to happen. And then you can kind of take your time without being, you know or concerned about it. I kind of butchered that quote, but

Maddy Butcher ([01:12:48](#)):

No, it's a little like having feel. And I think that you know, maybe I think you and I are ref roughly the same age, and maybe it's a bit of wisdom of just doing something for a number of years that you have enough confidence that you can do it. I mean, the days are gone that I am putting together 500 words of copy at 12 o'clock at night to make a sports reporting deadline. But, but I do know that getting away from it, closing, closing the laptop, visiting with my dogs, going for a run, all those things are part of a process that will come, you know, we'll definitely be benefited by just that downtime. So yeah, it's kind of it's, it's fascinating. Oh, tell me, tell me

Warwick Schiller ([01:13:46](#)):

Those who are certain of the outcome can afford to wait and wait without anxiety. Those who are certain of the,

Maddy Butcher ([01:13:57](#)):

Yeah,

Warwick Schiller ([01:13:59](#)):

I thought it was one of those ones that are powerful

Maddy Butcher ([01:14:01](#)):

Enough to

Warwick Schiller ([01:14:02](#)):

Just there just pop that. I'm lucky I've got a phone. I can write stuff in, you know, if we'll get that one stuck with me, I thought that was a really good one. Okay. So this is the question, and this is this, this talks about the, the type of people that have been the podcast. This next question, there is not been one single podcast guest in 55 podcasts. I don't think that have not chosen this question. And most people wouldn't choose these questions to talk to a bunch of strangers about what is your relationship like with fear?

Maddy Butcher ([01:14:39](#)):

Yeah, I really liked the question. So my you know, I made a couple notes before joining you and I kind of view scary things or fearful things in two categories predictably scary and unpredictably scary. And I think I handle scary things that I can predict, like public speaking Farrah, fairly reasonably and I might even gravitate to them at this point which is to say, I know I can build up strategies practice, do the work that it takes to overcome fearful things. It's when things are unpredictably scary that I handle it less well. And you know, I sure wish I grew up in a rodeo and family, or I wish I grew up on a rancher or what have you, but but handling say a Bronco horse or a bolting horse I'm getting better, but that has typically been something that that I have not handled as well as, as I would like. So it's, I think that maybe that's kind of me being kind of an analytical, thin thicker intellectual thinker that yeah, if you give me an hour or two years to puzzle over something, I'm quite, I'm quite comfortable with that, but you know, three seconds is not enough time.

Warwick Schiller ([01:16:27](#)):

You know, maybe that's a writer mindset because another podcast guest from Scotland, tenure Kindersley. So she's a, she's a London times bestselling author. She writes she could write anything and I'd read it. It's this sounds so good that when she answered that question, she said, well, I think there's two types of fear, the fear you should listen to, and the fear you shouldn't listen to. And it's almost the same answer as yours. Like, you know, the and, and, and I talked to her about it, like in the horse world. A lot of times I see people listening to the fear they shouldn't be listening to, and then not listening to the fear that they should be listening to. Like, I wouldn't be riding that horse in that situation cause someone's gonna die sort of thing, you know, things that they should be paying attention to, but then it's a lot of times they're, they might be afraid of things that I don't think they should be paying attention to. But yeah, your answer was very, very similar to, to 10 years and it's just so happens. You're both writers. So that's a

Maddy Butcher ([01:17:28](#)):

Interesting balance. I spend a lot of time in our heads.

Warwick Schiller ([01:17:32](#)):

Yeah. Okay. Do you have a favorite horse?

Maddy Butcher ([01:17:37](#)):

Can I pick two?

Warwick Schiller ([01:17:38](#)):

You can pick as many as you like.

Maddy Butcher ([01:17:42](#)):

I do. Well, I'd have to give the first kind of long-term relationship I had with a horse was a horse I grew up with probably got, probably came off this pony honey when I was growing up in Maine every single day she just could feel my body just when it was relaxing and pick that moment to jump sideways or, or something. And she's, she she was a wonderful horse to learn on pep a horse that I've had for about 10 years was like Barry, who I will mention also are both horses that when I first acquired them took them, took me 20 minutes to catch them. They really wanted nothing to do with humans. And it is our journeys together that have, you know, made my horse life so satisfying to see them become happier horses and to see us accomplish what we've accomplished is really, I mean, if I had a few beers in me work, I'd be crying by now, but it's, it's just, you know, it's tremendously gratifying to have horses under my ownership become important partners, but also just be, seem like they're happier better from a welfare perspective too.

Maddy Butcher ([01:19:21](#)):

My so pep and Barry are almost opposites. Peppermint is, I dunno, 13 and a half hands Barry is 16 and a half. And Barry is definitely more challenging to handle at this point, cause I've only I've had peppermint longer, but this I gotta say I put Barry on, on cows this summer. He has packed hundreds of pounds, pounds of salt in the mountains. And he has you know, been like an ambassador at a running race. So to take a kind of freak show of a horse and to see that kind of evolution is has just been really heartening. So that's my answer to that question.

Warwick Schiller ([01:20:09](#)):

Very, very cool. And one last question for you, what do the terms leader and follower mean to you? What's what does leadership look like? What does followership look like to you?

Maddy Butcher ([01:20:24](#)):

Another good question. Thank you. So I really love the metaphor or the image that a rising tide lifts all boats. And I think that elevating the people around you is incumbent in any good leader you know, to measure success by not just your individual success by, but by the successes of those around you. I think that being a good listener, one of your questions was what's your favorite quote? And I CA I did a little research. I couldn't find out who, who said it, maybe it's just common usage, but I really believe that listening is one of the most powerful things you can do. So I think that being a good leader is being a good listener. And I wanted to add to that in terms of leadership. I get, so I was on the library board here in Southwestern, Colorado for six years.

Maddy Butcher ([01:21:31](#)):

And I started getting a newsletter from a guy who runs a homeless shelter. And as folks may know, you know, there's a lot of intersection between homelessness and library services. So I paid attention to that, but recently he sent out a newsletter that talked about compassion and, you know, it's such having

compassion and being empathic is, is, are such bud buzzwords. But it's w his, what he was saying was having compassion and being empathic is not enough. It has to be followed by action. And that was a bit of a wake-up call for me because, you know, in conversations with friends, we're, we're always trying to think, or, or often we're trying to think about how somebody feels in, in shoes that aren't ours. Whether it's the black, black lives matter type of topic, or you know, people that don't have the education or don't have the resources or, or what have you, you know, it's, I think it's becoming easier for us to be compassionate, but like, what have you done lately is something I often ask myself.

Maddy Butcher ([01:23:01](#)):

So yeah, I feel that leaders that has to do with leadership, right? If you can, if you can actually act on what you're feeling compassionate about or, or what you're hearing then that makes you a better leader. I'm a follower. I don't know. It's such a, when I think of following, I guess I'm a bit of a antagonist which is to say the word following is always had a real negative connotation. Does it for you, or, I mean, you have thousands and thousands of followers. And I, and I know that those are, they are all incredible people in there, and the fact that they have found you and following you, because, you know, I'm a fan of you too, like that, that shouldn't be associated with any negativeness. What do you think? I mean, obviously it's good to follow good people.

Warwick Schiller ([01:24:15](#)):

I, I, cause I, I did a podcast for our answered all 20 of the questions and I can't remember what I said what I said about this at all. And, you know, I think it, I think it really, I think it really is determined by your interpretation of the word follower to, you know, is it from, is it, what do you think of, of being a follower or what do you think it takes somebody else to be a follower? You know what I mean? Yeah. I'd have to give that one some thought, but while you were talking right then you talked, you mentioned that the homeless thing, and then we're talking about Bessel van der Kolk, and then Dr. Bruce Perry, before, have you seen a movie called it's a documentary that was released to you in the last month or so called the wisdom of trauma?

Maddy Butcher ([01:25:06](#)):

No. You gave me something else to look up.

Warwick Schiller ([01:25:10](#)):

[Inaudible] Have you ever heard of Dr. [inaudible] From Canada? Oh, he's name pops up in the trauma world a lot. He was a doctor in the part of Vancouver, like skid row or a lot of homeless people are a lot of drug addicted people are. And, and so he's had a lot to do with being among them all day, every day sort of thing. And he's he's does lots of, lots of research into the trauma. And for the most part, you know, he says most addicts have trauma. That's why they're addicts. They're not, no one sticks their hands up and goes, Hey, I want to be, I want to be an addict. So, you know, understanding that really makes you view people like that in, in a bit of a different idea, but the, the wisdom of trauma, it's a, I think it's, there's a website for it, the wisdom of drama.com, but, and you might have to pay two bucks or something to watch it. I think I watched it for free. I think it's available free, but one of those documentaries, you watch it.

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

Yeah. It really makes you kind of make sure you up and you kind of go, wow. And it's, yeah, anybody's interested in trauma and that sort of stuff. It's, it's a fascinating, fascinating thing. You know, it's funny,

one of the previous podcast guests I had on here, and it's probably the most popular podcast guest I've ever had and not that he was popular before it, people listen to it like, wow, that's funny before you, of course was Rupert Isaacs and the guy that wrote the horse boy book and made the horse boy movie, Rupert's a just amazing human being, but he was, he lives in Germany now, but he was out to the U S visiting his son, Rowen the horse, the he's autistic son from the horse boy. And they spent their time about an hour and a half north of here with a previous podcast guest of mine, Joel Dunlap.

Warwick Schiller ([01:27:12](#)):

And so she invited Robin out for dinner. So we'd go up for dinner. And we have dinner with Jo Ellen, her husband, and Rupert, and his son Rowan. And it was an amazing evening with amazing people. But one of the, you know, Rupert has spent quite a bit of time with the koi San bushmen in Botswana and these people you know, the original hunter gatherers and I still so connected to the land and they're very spiritual and like the, have they have shamans that can do stuff that you can't believe. And one of the things he had talked about in the podcast was shape-shifting and we didn't really get into it on the podcast. He kind of alluded to of seeing it. So the other night, you know, we're in the, in the kitchen and he's cutting up these fresh fish that his son got from the, the Wharf that morning. And I like picking his brain about this shape-shifting thing I want in our best shape. And he looks at me and he's British accent. And he says, well, if you think about it, empathy is a very simple form of shape-shifting was like, wow,

Maddy Butcher ([01:28:21](#)):

That's very cool,

Warwick Schiller ([01:28:23](#)):

You know, shape that the full-on shape shifting is when you inhabit the other, the other beings body. Right. But this was, this is the first part is, is can you put yourself in their shoes? So yeah. When you were talking about

Maddy Butcher ([01:28:37](#)):

Yeah. And, and will the conversations, well, the conversations of the 2020 era necessarily be in 10 or 20 years be so antiquated because we, as a civilization will have evolved from something where we're talking about empathy and, you know, I can imagine my kids and grandkids saying, yeah, we're, we're so beyond that, you know, and, and the parallel would be we're beyond we're moving on to shape-shifting versus empathic considerations,

Warwick Schiller ([01:29:20](#)):

You know, I said, my son, or

Maddy Butcher ([01:29:22](#)):

Maybe, maybe we're

Warwick Schiller ([01:29:24](#)):

Yeah. I was going to say, I sit in my son, like, you know, the, the, the, when he was in high school, the kids he hung around, they just had a completely different outlook on the world in general than, than was around when I was, was their age. You know, it's, it's it's a lot more inclusive and it's a lot more, I'd



say empathetic really. And it's, and it's a lot more, you know, it's a lot more global thinking. It's a lot more big picture thinking rather than focus on just yourself and what you can get from your, you know, short time here on earth.

Maddy Butcher ([01:30:03](#)):

Yeah. Well, I would love to, I wish I had a crystal ball to look into the future to see whether or not society and in another generation or two or five can incorporate horse work into that greater understanding of human ship, because obviously, and I I'm sure you agree that courses deserve to be part of that conversation. I sure hope they are.

Warwick Schiller ([01:30:33](#)):

Yeah. I think only, I think the tide's changing, you know, some of the stuff I'm talking about these days five years ago was not. And it's, and I'm not saying it's just me, but, you know, there seems to be a lot more people talking more about you know, being aware of yourself and being more connected to horses rather than just general information on how to make the horse do what I want sort of thing. You know, it's, it's, it's a whole lot, it's a whole lot more common to, to have those conversations. And, you know, I don't know. Maybe it's just the changes in me because I have conversations these days when people that I'd never would have dreamt possible five years ago, so, and they're quite common. So there it goes.

Maddy Butcher ([01:31:19](#)):

It's pretty great.

Warwick Schiller ([01:31:20](#)):

It's very exciting. Okay, Maddy, it's been wonderful chatting to you. So once again, let's go through all the places they can find you and names of your books in case people haven't written stuff down. And we can put all this stuff on the show notes. So your three books are

Maddy Butcher ([01:31:36](#)):

Yes writers reader, which at this point is just available at Kayas communications. All the books are available@kayascommunications.com. And the second book is course head brain science and other insights. And the one just out now is beast of being the subtitle to that is unburdened. And then in terms of the best horse practices summit, where we are looking for forward to you entertaining us and educating us is best horse practices, summit.org. And that is at the end of this month, October. Yeah. That's about the size of

Warwick Schiller ([01:32:21](#)):

It and that's all the stuff. And what about the websites though? It is

Maddy Butcher ([01:32:27](#)):

So yeah, for those who are fast fast cell phone typers I have Nicker news, which is Nicker news that net horse head that's horse had that info best horse practices.com. And then there's the best horse practices, summit website, as well as the outdoor rec website, which is called high country outsider wood, because I live in the high country of Southwestern Colorado.

This transcript was exported on Oct 18, 2021 - view latest version [here](#).

Warwick Schiller ([01:33:02](#)):

Well, you certainly win the prize, win the prize for the Mo the most websites at the end of the podcast. You get the gong

Maddy Butcher ([01:33:09](#)):

It's yeah. It's kind of a hassle from time to time keeping, you know, keeping posts up-to-date on all those, but Hey, not a big problem to have.

Warwick Schiller ([01:33:24](#)):

Yeah. Thanks so much for joining me, Maddy, and you guys at home. Thank you for joining us and we'll catch you next time on the journey on podcast.

Maddy Butcher ([01:33:34](#)):

Thank you.

Speaker 2 ([01:33:37](#)):

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