

Speaker 1 ([00:00:07](#)):

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 and therefore themselves and everyone around them through his transformational training program. Warwick offers a free seven-day trial to his comprehensive online video library. That includes hundreds of full-length training videos and several home study courses at videos.warwickschiller.com

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

G'day everyone. Welcome back to the journey on podcast. I'm your host Warwick Schiller and my special special guest this week is Linda Tellington Jones. And I think most people who have been around horses either know quite a bit about Linda Tellington Jones or have at least heard her name, but I'm gonna read you a little bit of something off her website here. It says the pioneering work of Linda Tellington Jones has its roots in a philosophy that sees all beings, human and animals alike. As it reflections of a divine hole, the Tellington touch method was first created four decades ago as a system of animal trailing healing and communication that allows people to relate to animals in a deeper, more compassionate way, a way that furthers into species, connection and honors the body mind and spirit of both animals and their people. So that's pretty serious stuff right there. What's interesting with this, this conversation with Linda is, you know, as you probably know, I'm always trying to figure out how people got to the, to the mindset that they currently have. You know, that's what the journey on podcast is really about is not what people are doing now, but the experiences they had, they got 'em there. And yeah, the stories Linda will tell you right here will absolutely blow your mind. They did mine. So I hope you enjoy this chat I had with the lovely Linda Tellington Jones.

Warwick Schiller ([00:02:08](#)):

We're all good. Okay. Well, so do you have any question and I lovely to meet you

Linda Tellington Jones ([00:02:14](#)):

<Laugh> you too. I have no idea like what you do Rupert just said, you gotta, you really have to contact this guy. He's amazing. So that's all I know.

Warwick Schiller ([00:02:24](#)):

Oh, good. Thank thanks Rupert. You have no idea what I do well, that's, that's fun. Well, welcome to the journey on podcast.

Linda Tellington Jones ([00:02:32](#)):

Thank you.

Warwick Schiller ([00:02:33](#)):

Th this is gonna be fun seeing you have no idea what I do. You don't even need to know what I do. It's I'll give you the quick rundown on, on the journey on podcast. It's

Linda Tellington Jones ([00:02:45](#)):

It's it's called the journey on podcast.

Warwick Schiller ([00:02:47](#)):

Yes.

Linda Tellington Jones ([00:02:48](#)):

Oh cool.

Warwick Schiller ([00:02:49](#)):

And it's somewhat related to horses. Most of the guests I have on here have something to do with horses, but it's, it's more about how, the things that happened to us that led us to where we are

Linda Tellington Jones ([00:03:03](#)):

Today. Oh, I love it. Yeah.

Warwick Schiller ([00:03:06](#)):

So why don't you, let's, let's kick this off. Why don't you give us a little bit of a spiel about what you do today and then we're gonna unravel it and go back to the things that got you there.

Linda Tellington Jones ([00:03:18](#)):

Well, I am incredibly blessed to have an international organization that, I mean, it just <laugh> happened from the horse angels. I believe. I, you know, work, I have, I have 22 books in 16 languages and, and it's not that it's just because I, I, in the beginning I was taken under the wing of a woman who had like, she'd sold three quarters of a million of her books. And so when her publisher when she suggested that she co write this book with me, her publisher took it instantly. And that the first book, well, I mean, the very first book way back was called endurance and competitive trail riding with my first husband, went for Tellington, who was 20 years older than I, and really, I mean, he gave me a leg up, cuz I wouldn't be here today if it wasn't for him.

Linda Tellington Jones ([00:04:18](#)):

And so it became considered the Bible in the endurance world for many, many years. And then my next book. Well, anyway, so I have, I've been working with horses since I was in the six years old in the first grade because I grew up in outside of Mont Alberta in a little place called Gibbons Alberta and <laugh>, I'm 84 years old. And in those days we didn't have school buses. And so my dad went to a riding stable and we, we were on a farm at the time on my grandfather's farm. My dad was helping him with raising pigs and wheat and bought me a horse. <Laugh> nobody ever taught me to ride it, just put me up on this horse. And, and and the horse immediately took me back to the barn at a walk fortunately. And so I rode to school two and a half miles each way with my cousins until we moved into Edmonton, Alberta.

Linda Tellington Jones ([00:05:19](#)):

And then I was really blessed to be like a mile and a half from a of a really big riding, stable with a, an amazing course woman Mrs. Alice Meall. So we, when we drove to the farm, cuz my dad had a had bought milk cows and heard. And so as we drove by, I said, I said, can I take lessons? And my dad said, yes, if you get a job to work for it <laugh>. So the next Saturday, he, I mean, I had an amazing dad. He dropped me off at the gate and I walked in and I asked Mrs. Metall if I was nine years old, if I could trade trade work for riding lessons. And so she put me on a horse and you know, I'd been like riding three years every day at that point. And so I never did have to clean the stall or do anything.

Linda Tellington Jones ([00:06:15](#)):

I just rode horses because she had a, a group of really wonderful show ponies and somebody small is best to be riding them. And so that was my job. So anyway, I, I grew up starting to show horses when I was in big shows in these nine day horse shows in Edmonton when I was 12 and I was catch riding. And that just means we had in the stable, we had some really good horses, but the owners didn't feel like they wanted to be in front of a judge. And so I ride these horses and I was really successful ORIC. And I know the reason what I mean by that. I think I won more than my fair. She, because when I got on a new horse, it wasn't a question let's win this thing. It's like, what can we do together?

Linda Tellington Jones ([00:07:08](#)):

You know, that will make you feel good. And that's a really different attitude. And my mother would sit on the edge of the ring and these were like, this is a really big Edmonton exhibition. And and I think it sat like 6,000 people. And every time I go around, she'd say smile here, smile. And I'm so sorry that after she got passed and crossed the rainbow bridge, I finally found out that when we smile, we activate our feel good hormone, the serotonin. And when we do thanks to the research that the Italians did like 25 years ago it's known that how we feel affects the animals around us. And of course, heart math Institute also. I mean, our heart field is really big. So if we're in heart coherence, our animals just can enjoy it as much as we do. And my always thanks to my grandfather, actually my attitude was I want the horse to have as good a time as I have with the horse.

Linda Tellington Jones ([00:08:18](#)):

And that, that just makes a huge, huge difference, you know, so I was very blessed and when I was 18, I married a man 20 years old. And then I went with Tillington and incredible genius. And he, he wrote, he attended the last cavalry officers training the year I was born. And so he, he had an amazing background also. And my background with horses with Mrs. Metall it's, I would ride every day, go and ride two or three horse horses after school. And every week during the winter, we would have two hour with her. And, you know, it just gave me a, a really, really solid base with horses. And then when I married Wentworth, we moved to the United States and we weren't of course in Canada at that time. And I started, you know, showing and training horses there. I was also teaching eighth grade social studies in a private prep school that where my husband worked.

Linda Tellington Jones ([00:09:25](#)):

And so I'm trying to, you know, what happened to me in 1960 and, and 58, we went in partnership with a guy in Los Angeles and he wanted to be in the horse business. And so we bought a, a horse farm and thoroughbred farm bought a bunch of brews at the Los Angeles sale, which was really fun. And and had I don't know, we just had a way of being with horses. And in 62, 19 62, we left the partnership and we started the Pacific coast equestrian research farm and went, developed these like natural vitamins and developed the sea kelp for horses way before it was known in anywhere and actually dried seek help on the coast of California at Los and fit it to horses, free feed. And we had we had a newsletter at that time or that the research farm Pacific coast of research farm newsletter that went to 20 countries.

Linda Tellington Jones ([00:10:46](#)):

And I, we had people visit us from all over. I remember we actually have a picture somewhere with a I think he was a, either Korean or Vietnamese veterinarian. I think it was Korean who had read about the studies that we had done with these natural vitamin minerals that we were cooking. And we were growing like seek help and not seek help. Sorry. Oh oh my God, come on, Linda. It'll come back to me.

That's I don't know if that's a COVID memory <laugh> <laugh> or, or the 84 year old memory. I'm not sure which, but so we had a, we had a summer school for kids to come and one, one Christmas, we had a phone call from a woman in Los Angeles and she was an adult, a beginning adult. And she wanted to know if she could come and take lessons with us because the only opportunity for her, for lessons in, in Los Angeles was with kids.

Linda Tellington Jones ([00:12:00](#)):

And, you know, kids are so much faster than an adult learning to ride for the first time. So anyway, we did this and we saw in those years there was no adult training. No. And so we decided to start a nine month residential school for writing instructors and trainers, which we did then in, up in the mountains near Visalia, California at Badger, California. And it was a wonderful school. We had, we had students from nine countries and 36 states who came to us for nine months and they had to have 10 years of writing experience. And I'm trying to, I'm trying to think, you know, to give you an overview of where, where I began to think differently. And I think it was like 1972. I was oh, first. So anyway, I married to like, I don't know, 16 years to Wentworth. And we had a very supportive separation, which he thought would happen at some point because he was 20 years older and we were friends till the day he died when he was 80, which I think is really important that we learned to, you know, people we've loved and lived with like, why does it have to be unkind? Don't think so. So anyway, <laugh> what part of the story would be interesting to you?

Warwick Schiller ([00:13:42](#)):

Well, can I, can I interrupt here and tell you what part of the story would be interesting to me? So Rupert Isaacson had said, you've gotta get Linda on the podcast. And so I've done some research and you have like such a varied background, you know, the endurance background, dressage background, you know, you, you've got a background in everything and, but this is not that kind of podcast. This is not really a horsey podcast. This is really the other stuff podcast. And so I was thinking, how am I, what am I gonna do? What am I gonna talk to this Linda Tillington Jones about? And then I, I was watching a YouTube video and it was about opening to intuition. And you said that intuition is unlearned knowledge, and that knowledge is out there in the quantum field. And you said something about one of Greg Braden's books.

Warwick Schiller ([00:14:33](#)):

And a couple years ago in London, I went to a, a one day Greg Braden, Dr. Joe dispenser seminar. Anyway. So when I saw that, I'm like, okay, that's, that's what the podcast is all about. It's that, it's that, that cuz you know, you've got the, you have every, every, you have every right to be that grumpy old horse lady that gives writing lessons and yells at everybody. You know, like my, my wife, when she was young, had a had a riding instructor and there was an old school bus parked in the arena. I don't know why. And this lady just yelled and screamed. And every time she went at Robin and went around the ring and she went behind that school bus, she would cry cuz she couldn't cry in front of the instructor and it's like, you've got every right to be that, but you are not, you are, what I wanna know is where did the woo come from?

Warwick Schiller ([00:15:22](#)):

You know, you talk about heart math and all that stuff. I mean, that's the stuff that excites me. And you know, a lot of times people have had like say a near death experience or something like that to make them think differently. And you said a minute ago, yeah. Where did I start to think differently? And I

kind of sat up in the chair like, yes, I wanna know where you start to think differently. Cuz really what do I wanna share with people on the podcast is that there is a different way to think and all that, all that stuff on the quantum field is available to everybody when you can start to think differently. But a lot of times I think we are lucky those that are on that path, we're lucky because something, something happens to us and all of a sudden you start to think differently, whether it's a near death experience or you know, all sorts of things. So that did, was there a, was there a, I mean you sounded like from a very young age, you were very intuitive with the horses anyway, you know, you, instead of thinking, I want this horse to do what I want in this show ring, you were like, what fun can we have together? But was, was there a, is it, did it just really come naturally to you? Or was there a something that happened that, that, that sent you on that bit of a path that quite the big path that you're on?

Linda Tellington Jones ([00:16:41](#)):

What happened to me is I was born into my parents because my whole family, you know, I, I my mother wouldn't kill a mouse, <laugh> it? It, we, we you know, we were on a farm, we had mice, she would just take them and put them outside. And the, my grandfathers would, you know, just say if when you get, if you get angry at a horse, get off, put it away and cool off, or sit under a tree because punishing doesn't work. It's not what you wanna do. And one of the things that I think really, really affected my life is my mother, when I was also, I think, eight or nine bought this little thing, you know, a crochet thing that went on the wall that said do unto others as you would have them do unto you and my parents.

Linda Tellington Jones ([00:17:41](#)):

They lived that, which I'm just so blessed to be like that it was always about kindness. And we, you know, we didn't have any prejudice. We were, as a matter of fact, it was like honor everybody. And that, so that came from my mom and dad and it was the start. And then I would say the big shift, which came first 67 or 72. Okay. The, of the big things that has been a cornerstone of my, my life, my adult life was in 1967. I saw an ad in the San Francisco Chronicle. And it said for \$5 that you can buy a, the first computer generated astrological chart about your future. So I sent away for my 30th birthday and it's, I still have it. It's this little mimeographed, really nice little book with a little ribbon kind together, 98 mimeograph full, you know, eight and a half by 11 pages.

Linda Tellington Jones ([00:18:47](#)):

But when I opened it, what got me was the fact that it said in my lifetime, I would develop a form of communication that would spread around the world and in order to do so, I would have to learn to trust my intuition. And that's where that came from, you know, that it Def, so I went to our library and because my husband was a scholar I, we had a really big library and I just reached up and I pulled down a book and it was a Rosa cion book. And I looked up the definition of intuition and that's where it said unlearned knowledge. And of course today, I mean, we know it's in the quantum field, you just have to learn to listen. And if you wanna learn to listen, I mean, Greg, Braden's one of his first books, the matrix, have you read that?

Linda Tellington Jones ([00:19:36](#)):

Yeah. Yes. It's really an important book. It's like, <laugh>, I was so excited when I read that <laugh> and so I just started listening at that point and the big shift that came then the big, next big shift was in 72. And I went to Eson Institute down on the big se coast, had one there who invited me down. Wow. And it just happened to be an, it was an invitational weekend with Robert Monroe who has the Monroe Institute on the east coast. It was before he'd even started the Instagram, quite sure. And we were doing

this outta the body stuff with Robert Monroe and also Russell tar, Dr. Russell tar from Stanford head of Stanford research was there. And he was working with each person. There were 40 of us in that weekend. And what he said it, it was, he was wanting to know the amount of II logic and intuition parts of the brain that were mostly used by the people in that weekend.

Linda Tellington Jones ([00:20:54](#)):

And so he told me that I had, you know, one of the closest to a 50 50 use of both logic and intuition. And I always thought I didn't have any logic. Right. So I started studying about it and I read Betty Edwards something from the right side of the brain. And I started doing these exercises, these, these really lovely just movements in this infinity sign. And, you know, in the air, writing your name backwards with the you know, one hand and forwards with the other. And I did, I did it a lot. And the whole time I was really at that point we had closed our school and rent and I had split and I had amazing fortunate, like fortunately, who has been instrumental in your life to be taken U under the wing of Countess, Margaret Beier Hungarian, Countess.

Linda Tellington Jones ([00:21:51](#)):

And she had like 12 horses, Hungarian horses with us in training. And every morning she, as an owner, she would call me and we'd spend an hour on the phone talking about the horses. This was before we, I started the school that day. And so I started really paying attention to observing. And I mean, it was way before I knew about heart math, but it was like coming from the heart. How can we, and I was reading at the time, like many of these books that teach you to think before you open your mouth, you know, because the words we speak have energy. And you don't wanna put something out there that you'd be sorry for. They're really hard to take back often. So I was reading that kind of stuff, which is of course, life changing. And I, I wanna, I wanna share some of the important moments because all of the, those different books.

Linda Tellington Jones ([00:22:56](#)):

So anyway, 1960 big deal, my grandfather Wil Kaywood visited us at the research. No at the at the thoroughbred farm because he, I had never met him. I mean, that's a whole other story. He was my, I thought his brother, George, who was actually my greatuncle, I thought George was my grandfather because will had been at the racetrack as a matter of fact, it, as a matter, he, he, it is, it is interesting cuz actually it was a huge influence on me. I only knew about him because he was an American jockey who was taken to Russia by an Austrian horse, race horse owner. And I actually have his visa to Russia and the contract from his agent. And he went and picked the met these horses in Europe, took them by boxcar to, to Moscow and raced in Moscow in St.

Linda Tellington Jones ([00:23:57](#)):

Petersburg. And he liked it so much in Russia that he decided to stay on and became a trainer. And in, in 1905 he won the really, you know, wonderful recognition from the Zar Nicholas II of being the leading trainer at the Moscow race track that year with 87 winners. And you can say, oh, well, it's a story. Well, I went 10 times to Russia as a citizen diplomat with LAN Institute, just wanting to make connections to people, to people. And I went in a horse museum in Moscow with my friend who was translating for me and that I told this, like he had to be 90 years old, one person in this little horse museum. And when he heard about my grandfather, he went down in the basement and brought out a, a newspaper article about my grandfather. And I still of course have that article translated.

Linda Tellington Jones ([00:25:04](#)):

So my grandfather will then came to our third bread farm when he retired at 80, he came to our third bread farm and he showed us some of these secrets cuz you know, in the horse world, everybody has their secrets. And he said that the reason that he was that successful, he had 87 winners like first, second or third in that season. And he said there were two reasons for it. One, he never put a horse in a race unless it told him it was feeling fit enough to really run, run well. And the other thing he said that every horse in his stable was rubbed with these short little strokes over the whole body, by the grooms because in those days <laugh>, you know, grooms were there all the time. It like his grooms, one groom had three horses. And so we started using this massage for our sport horses and that was the book that based on the, on the, some of the book that, of the endurance that we, you know, all the endurance stuff that we did, which you read about.

Linda Tellington Jones ([00:26:16](#)):

So we don't have to go there. The other parts much more fun really <laugh> so I, I wanna get back to this track of what really changed me. Well, first of all, what was important, we were using that form of massage on our endurance horses, our a hundred mile horses and also on our show horses because, and we found that they could recover much faster. When you, you know, had their body feeling well, that <laugh> never crossed my mind, that you could actually change the behavior of a horse by working on the body. And so in 1915 years we did this successfully with this form of massage from my grandfather. And as far as we can tell, it was the first book in English, on massage for horses and 19 75, I enrolled at the humanistic psychology Institute in San Francisco with a four year course with Dr. Moche Feld Christ. Have you ever heard of the Feld Christ method?

Warwick Schiller ([00:27:30](#)):

Actually yes. And my introduction to that was a it was a video on so there's a, there's a magazine called then called eclectic horseman and they also put out some videos and your sister, I believe Robin H is your sister isn't she? Yeah, sure. She, there was a thing on, on Feldon Crouse on there that was the first time I'd I'd ever heard of it. And then I actually met your sister at a horse expo in New Zealand a couple of years ago. But before I talked to you here, I thought I need to know more about this den craft method. And I looked it up what a fascinating life that guy had. Like, I mean, so, so such an eclectic you know, array of experiences he had. And he said, when he fled the Nazis, he took a, a, a jar of heavy water with him. So I had to look up what heavy water was and yeah, I

Linda Tellington Jones ([00:28:27](#)):

Never heard

Warwick Schiller ([00:28:27](#)):

That. Oh, you haven't, it's, it's a, it's a it's water, that's got one molecule change and it's got some and, and it can be a like a toxin firstling stuff, but he, when he fled the Nazis, he carried that a jar of heavy water and, and something else. And it was some sort of a document, but yeah, sorry, interrupt. But yes, I have heard of the Feld method, but I, what was, so what was your introduction to that?

Linda Tellington Jones ([00:28:53](#)):

So my introduction was at ENT Institute in 1973, and I just went down for a weekend. And one of the lessons from the Feld Christ method we were led through and you know, writers you as a rule before

centered riding or connected riding, you just, you sat in one position depending upon what discipline you're riding. And we, we were a stiff bunch. I mean, you know, my husband's way to get your shoulders back was to stick, stick through your elbows. Right, right. That's quite, quite, you know, it's typical. And so I'm, I'm telling you Warwick, after one hour, I got up and I could move my body. Like I had never imagined. And I always say, you know that night at Lin, they, they had a, a rock and roll dance. And I mean, I danced my ass off. That's what it felt like. It was so much fun. So two years later, I'm I had then shut down the, my school, my, my school, and moved to Germany, thinking I needed to go around the world and find out what I was really meant to be here about, because I was really, you know, disturbed about the horse world. It was just not the way I wanted to be with horses. And so I, I had met Peter Cady who was the co-founder of fin torn. Did, do you know of fin ton?

Warwick Schiller ([00:30:37](#)):

No.

Linda Tellington Jones ([00:30:38](#)):

Yeah. You gotta look it up. <Laugh>

Warwick Schiller ([00:30:39](#)):

How do you, how do you spell that?

Linda Tellington Jones ([00:30:41](#)):

F I N D like fine horn, H O one word fin torn in Northern Scotland.

Warwick Schiller ([00:30:49](#)):

Okay. I've gotta look that up for you. So if you guys listening Linda keeps talking about LAN, and so I'm gonna, I just I've, I've heard about Lin before, quite a bit in like a lot of the books that I've read and, and things like that. And I think S so a couple of years ago, probably four years, five years ago now I went to my wife and son and I all went to a oh, what is it called now? Lin's what started at landmark? A landmark forum. Do you know what landmark is?

Linda Tellington Jones ([00:31:19](#)):

Oh, it changed my life in one.

Warwick Schiller ([00:31:21](#)):

Oh, you went into landmark. Yeah. So I think landmark actually came out of what started at, at Lin, but I'm gonna read for you guys listening. I'm gonna read probably this thing off LAN's website. It says Lin is a non for profit holistic education center, offering wild comfort and space for emergent transformation and internal exploration that has been in operation since 1962, anchored by the inspiring beauty of big sir, and an incomparable intellectual history. We are always negotiating nuance, tangled with complexity and sitting inside contradiction all the while we embrace the messy, imperfect practice of moving towards our highest humanity.

Linda Tellington Jones ([00:31:59](#)):

Boom. Yeah. Yes. Boom. It's truly amazing. And I hope they recover after COVID it's it an issue. But anyway, if you ever have anybody listening, have you ever had a chance to go there? It's amazing. So I

had been there several times teaching the, what I was doing at the time, the felt in Christ work after I graduated. And and then when I switched to the circular tee touch, of course, I continued to go there and it's, it is life changing, but now I have to go back. Where, how did I jump onto so anyway, I did, oh, I, I went, I, I was, I, I had left, I shut down my school and I had moved to Germany because of another woman, like one of these totally life changing experiences Ursula Bruns, who was she's crossed the rainbow bridge quite a few years ago, sadly.

Linda Tellington Jones ([00:33:02](#)):

But she had written, oh I don't know, sold well over a million books and her, her little, her videos that she did were really, now they're a film and they're very famous. Anyway, she read about us in Western horseman because at one point we had, we had a syndicated column in eight horse magazines in the sixties yes. In the sixties. And then she read about us. So she wrote to us and wanted to visit. So she visited our school and she saw our students like riding and jumping with no bridles. And she wanted to know how we were doing that. <Laugh> it was really simple. And and so then she, I showed her all over California and she'd never seen things like, you know, they had no possibility of having a stall with a paddock. It just didn't exist then.

Linda Tellington Jones ([00:34:05](#)):

And she started all of that and she was an incredible innovator in the horse world, certainly changed my life. And so then she invited me back to Germany and I spent like, I don't know, I think at least a month going all around Germany with her visiting many types of horses. And so I had met with Peter cavy over breakfast because he had been told by Jenny O'Connor who was channeling the nine. Did you ever hear of the nine? No. The nine, they were extra tour chills from the star series come to help in the evolution of mankind. It's kind of like, do you know Abraham and Esther Hicks? Yes. Yes. It's it's like, Abraham is not Abraham. It's not one entity. It's a, you know, literally being who are interested in helping us. And so I had been, Peter catty had been in Hawaii visiting with Jenny O'Connor, who channeled the nine and the nine told him he was supposed to contact me when he came to Carmel, where I was living at the time.

Linda Tellington Jones ([00:35:21](#)):

And so I met him, we went to breakfast and then he, I, I just became totally affected by just like one experience of being with him. He had, he was going to meet a guy in Carmel valley valet to see if he could support him in some way, because he had developed a form of like wind driven energy, but not like anything that we have now. And it was these amazing, the drawings were absolutely incredible. And I just lay on the floor while this Peter was visiting with this guy, listening to him, and I am telling you work. I was out there. <Laugh> long way out in the universe. And, and when we finished that meeting, I went home and I thought, I'm not supposed to be doing this horse thing anymore. I have to find out what I'm really here to do on the planet.

Linda Tellington Jones ([00:36:20](#)):

So I shut down my stable sold like 60 horses and and went to Europe just first. I was just going to go, I went hunting in Ireland first, just for fun. And then I spent time with Ursula Bruns and she said, oh, and I, I was actually on my way to spend time in Zambia at Zaire, actually with a, a friend who had been in my, in my first grade class when she was six years old. And she was filming gorillas and I was going to go and spend time with her in the Bush, but it was raining at the time. It's this rainy season at that time. So I

stayed with her Ursula Bruns, and then she said, listen, Linda, why don't you just stay here? And I want you to head a school and the type of riding that I was doing here.

Linda Tellington Jones ([00:37:16](#)):

And she had, ANMA amazing connections, you know, with the government. And so I said, okay, I'll stay for one year in the horse world. And then I'm out here. That's not what I'm supposed to be doing. <Laugh> so I stayed that one year and my partner at the time who was still one of my really good friends, Roger Russell was he wasn't a horse person, but he wanted to learn the Feld in Christ method because we'd been together at Eson and had that amazing experience, you know, with moving in a different way. And so he wrote away and found out that Moche Valin Christ was teaching for the first time a training, a professional training in San Francisco. So he wrote away to sign up for it and got the brochure and Warwick. I just had that brochure in my hand, and I thought I'm supposed to do that.

Linda Tellington Jones ([00:38:09](#)):

There's not a question <laugh>. And so I signed up for it and I did it thinking that it would be good for my writing students because, you know, I mean, horsemen horse women were always getting hurt or banged up or whatever I had no idea would changed my life <laugh>. And so in the very first week of the class, we were 60 PE three people. We were lying on this in this beautiful old building in San Francisco, an old university. And we were being led through what's called an awareness or movement. And Moche said like talked about the possibility through these gentle non habitual movements, which is part of the ING Christ method that it's possible to develop new neural pathways to the brain, to activate new brain cells. So we could have more potential for learning. And I, I, I can remember like lying there on the floor and it's so like my ears pricked up like a horse and I thought, oh, wait a minute.

Linda Tellington Jones ([00:39:31](#)):

If that's true for a horse, what could we, I mean, for a human, what could we do for a horse that would cause that horse to move in a gentle non-ED non habitual way that would give a new potential without force and, you know, without pushing. And so that very afternoon, I went out to visited a friend of mine that had just bought a, brought a Arab mirror down from Montana where she'd been a BR marrow her life. She was 16, never been ridden. And I was looking for problem horses. So this horse had to be chased after and caught up every day to come into the stable, to be fed. I mean, not logical, right. So he ran around, you know, caught her, brought her up. And so I just started like thinking. Hmm. Okay. And remember, we've been doing massage for 15 years on horses.

Linda Tellington Jones ([00:40:29](#)):

So I just started moving the legs in a whatever part of the body. I could move in a gentle way without the horse resisting that would give her new activation of new neural pathways. I I'm just exploring, I have no idea what I'm doing. Just how can I move this ortho tail in the head and the ears and the legs, which we've been doing for years already on the legs, but never with the concept of doing it in a way that the horse would get a new, you know, new activate neuro pathways. So I maybe did this for 30 minutes and there were quite a few of his friends who were gathered watching me and they thought I'd hypnotize this horse. She was so quiet. So, you know, I go away the next morning. He calls me, they said, I don't know what you did to my horse, but I turned her out after you were here.

Linda Tellington Jones ([00:41:23](#)):

When I went to catch her, instead of having to chase her, she was at the gate. And when I let her into the stall, instead of diving for the hay, she goes like, <laugh> do some more of that stuff. And it completely changed her. And so that's when I just started wait a minute, you know, instead of lunging horses forever and running them around the round pen. Cause I did all of that. How can I move this horse in a way that will be, that she can do or he can do possibly. So I started playing all summer and anyway, that just was the beginning of the exploration of a different way of, of being with horses. And I'm trying to think of like some other people. So my life would, <laugh> not be what it is and I could definitely not be moving like this if I hadn't done that four years with Moche Allen Christ.

Linda Tellington Jones ([00:42:20](#)):

And so in the second year of the training, we were given a, a book to read called man on his nature by sir Charles Sherrington and Sherrington had won a Nobel prize for the study of photons, with the cells. And in the second chapter of his book, Rupert, I'm sitting in Stu art in Marvin pick restaurant on a cold February day, reading this book. And in the second chapter on body wisdom, he, he, he writes in this like really intrigued way. I mean, just think of, I wonder that this is, if you get a little cut on your hand, think of all that it takes for the body to rally to heal that. And his concept is that every cell in the body knows its function in the body. And I mean, this is what at the end, I want to leave you with because I've taken it to a whole other level through many years.

Linda Tellington Jones ([00:43:24](#)):

But I, and I, I, I want in, in, in the, in the UK, they call, you know, getting in an you know, a vaccination was jabbing. I wanna jab everybody with the wonder that we are <laugh> with logic behind it. So it was, it was, I, I, I remember sitting back and looking at my hands like this and saying, wait a minute, when I don't yet know how to do the miracles that I saw mache do. And by that, I mean, like in 30 minutes he took a 28 year old woman that first year who'd had a stroke the year before and was very inhibited in movement. And through these gentle movements, which I didn't yet know how to do, but we can all do it. <Laugh>, who've gone through that work. And so she was able to walk out a different person and shake hands, and I thought, okay, wait a minute.

Linda Tellington Jones ([00:44:20](#)):

Now I don't yet know how to do this, but all I have to do is just say, sell here. Just, I want the intelligence of these cells to connect with this, whether it's a human or an animal, and just be, this is before the touches, just be able to communicate and remind that body of its phenomenal potential for ideal function at the cellular level. Now, when I started talking about cells in and I started seeing the body as a collection of cells, when I started talking about this. Hmm. Like, okay, Linda's lost it. Right. What's she talking about? Now? Of course you can just go on Google and look up cellular wisdom. And it's everywhere. It's really a game changer when we start to recognize that. So I started seeing, looking at the body through my whole training as this collection of amazing intelligence.

Linda Tellington Jones ([00:45:20](#)):

And I was really successful. Roger and I both with working with humans, which is what he did and with horses in moving him in non habitual ways, didn't matter what the discipline and I was doing a lot of stuff in Europe with that and teaching. And so in 1983 I had another, oh, and by the way, I wanna say, I want to honor Roger Russell, because, you know, as you say, who were the people who just made a difference in your life? And he was one of these genius guys when I met him at LYM in 80 in 73, he looks like, kind of like a, a Moroccan hash dealer. <Laugh> wild hair and <laugh> and jeans that would stand

up on their own, you know, in the corner. And we got, we, we did one of these exchanges where you interview somebody and you know, our question was like, Hmm, can you be close to God and have sex? <Laugh> so it was thanks to him that we actually even studied the fail in Christ work in the first place. So, you know, I, I want to put that mark on the wall, cuz I think it's really important to honor the people who've moved us, who we are thanks to those people. So where do I want to excite you about the next so, oh, you, the

Warwick Schiller ([00:46:51](#)):

Next thing don't worry. You're you're exciting me. I'm like I'm sitting here just bouncing up and down so you you're exciting me. Don't worry.

Linda Tellington Jones ([00:46:58](#)):

<Laugh> so we, we did this work with humans and animals in and horses in Europe. And then I came back in 80 and Roger and I split cuz he wanted, I, I went in partnership with a really big ranch deal with one of my students and he didn't wanna manage that. He wanted to stay on and be, and really delve into the felted Christ work, which he's now done. And he's one of the trainers. So anyway, I'm doing a big weekend workshop at the Delaware equine veterinary center and with Dr. Matthew and McKay Smith, did you ever meet him? Mm-Hmm being Harel? He was, he was one of the, the vet editors for for Equis magazine for many years and a horseman from the day he was born. The whole family was into it's a really wonderful horseman. So it was his clinic and Dr.

Linda Tellington Jones ([00:47:55](#)):

Danny marks who was the vet for the American jumping team and they were good friends of mine. So they asked me to do a workshop at their place. And one of them actually Alan Leslie, one of the other vets for the three day team for the us they had a horse that they couldn't figure out what was wrong with her. She was 12 years old, a thoroughbred mayor and men, when you would approach her with a grooming bucket, she'd started to, you know, threaten you with her teeth. And if you move around and threaten to kick and, and in those days, I, I don't think you're old enough to remember this, but in, in the eighties all the vets did was, and these are the, these are the team, us Olympic team, Inc. Really good horseman. All he did was x-ray from the knees and Hawks down.

Linda Tellington Jones ([00:48:54](#)):

No, there were no there's no osteopathy. All of AC, not even acupuncture was hardly anyone, any vets were using it. So they couldn't figure out why was this mirror so reactive on the body? And they asked me to look at her from the family Christ point of view. So I just put my hands really quietly on her. And of course now you are well aware of the heart math concept, that if you put your heart field out there, if you come from your heart and not just your head, what am I gonna do? Animals feel it. And so she was really quiet and I just quietly put my hands on her and her own. And she stood there quietly and her owner said, okay, Linda, come on. What is your secret? So she, why, why is your horse so quiet for you? And I said, intuitively don't worry, what I'm doing.

Linda Tellington Jones ([00:49:47](#)):

Just walk up and quietly, put your hands on the shoulder and move the skin in a circle. I didn't say a circle in a quarter that came later. And she did, and I didn't tell her, I didn't know what it was talking about. <Laugh> like, what is that about? And, but I trust a long time. I already trusted my intuition on that. And so when I saw her do that, I thought, wow, you know, it takes years to learn this beautiful Feld

Christ stuff. Anybody can move the skin in a circle and what can we do to affect behavior and release the fear. And so I started following the path of the, of circles. And in 1981, I had been teaching a week long every week, the course in miracles. Do you know of the course in miracles? You must,

Warwick Schiller ([00:50:49](#)):

You know, I, I, I know of it. I haven't done had much to do with it. I follow, I follow a lot of different people, but Gabby Bernstein talks about a course in miracles quite a bit. And there was a quote. I read one time that I think it comes from a course in miracles and it said something like those, oh, it's it's I forgot my phone here. I gotta read this to you. Great. It's it's a quote about patience, I think. But it's something like those who something like those who believe those who believe can wait and wait without of course miracles. Those who are certain of the outcome can afford to wait and wait without anxiety. That's what I've course.

Linda Tellington Jones ([00:51:49](#)):

It, it it's, I I'm gonna talk about it. You, because you can study it online with some of the top teachers in the world. I was out in the boondocks near, you know, we had a ranch at that point near Tascadero California. Oh

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

Really?

Linda Tellington Jones ([00:52:02](#)):

Yeah. And it was a learning center and of course came to us for seven, many weeks at a time to study. And so I was, there was no one else in the area to teach it. So I just got the book and I was in consultation with one of my friends, like every month about, you know, what does this mean? Cuz I hadn't learned it yet before I was learning as I was going, there's one big workbook and you read, read a part of it once a week. And then there are lessons and you do one lesson every day. And the lessons are like really the basis of quantum science, because it's like, this table is not real. What do they mean by that? Well, it's not really solid. You know, when you understand now the whole thing of quantum science, it, they, it means that we can do absolute miracles.

Linda Tellington Jones ([00:53:02](#)):

So what changed my life in that book was one sentence. And that is the aggression comes from a place of fear and is a cry for help and Warwick. When I read that, I thought of several horses that I, I used to call it and I gave them thunder like one real whack. If a horse had bucked or bitten or done something kicked whack one whack. And I thought, wait a second, if that truly comes from a fear, from a place of fear <affirmative> what can I do to override that fear? And one of the things that's important here is to realize that in our work understanding behavior does not excuse it, but instead of punishing for it through the Tellington method, we have all these different ways of working on the ground with different equipment and, and the work on the body that takes away the fear in horses and

Warwick Schiller ([00:54:15](#)):

Well, there's, there's another side of that too though, is you, the punishment comes from a place of fear from the human as well.

Linda Tellington Jones ([00:54:24](#)):

Exactly. It's exactly the same. And so, you know, lots of people ask me, well, what do you think about this kind of method where they're doing all this stuff that I'd rather than now, do I hold that infinite possibility now from quantum science and forgiveness, that that person will start to see the horse in a different way. Because if I say, well, that's really a terrible thing. Come on, we've all done stuff. We've all

Warwick Schiller ([00:54:50](#)):

Been there. Yeah.

Linda Tellington Jones ([00:54:52](#)):

Well we've all been there. And so that's where ho op really comes in. And I don't normally tell this on public things. It's time I did, because in 1981, I had another experience that really changed my life. And that's what you want. Right? Oh, life changing people. Okay. Yeah. So I am doing a process called clearing the earth dust from your body. And I'm getting there. Wasn't much more said about it except that. But I was just standing there with my eyes closed and this process was being done. And when I finished standing there through closed eyes, Jesus stood in front of me and said, you're ready to do my work. And I think, you know, the, what you'd think, well, who am I, mom, blah. And then I said, what can I do? And he just said, teach forgiveness. Well, I can do that. <Laugh> and that's where ho op Pono came in years ago. And I lived, I just moved from Hawaii after 24 years of living there of headquartering there. We were teaching around the world, but that was our headquarters. And that's the source of ho of what op Pono and it's is. So life changing. Have you, have you ever been exposed to <inaudible>?

Warwick Schiller ([00:56:21](#)):

No. Well maybe I haven't didn't know what it was, but

Linda Tellington Jones ([00:56:24](#)):

You

Warwick Schiller ([00:56:24](#)):

Know where in?

Linda Tellington Jones ([00:56:26](#)):

Let me tell you, let me tell you something first. You wanna interview one of these guys now who teaches it. And he has he's free, like every week he has a free thing and his name is Ulrich Dure, E U P R E E. And there are many books Ono, but how do you,

Warwick Schiller ([00:56:45](#)):

How do you spell that? Cause I'm gonna be looking this out,

Linda Tellington Jones ([00:56:48](#)):

Right? H O apostrophe,

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

H O

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Linda Tellington Jones ([00:56:52](#)):

Yeah. Apostrophe, P O N O wait, ho, no, sorry. H O apostrophe O P O N O P O N O O O. Pono. Pono,

Warwick Schiller ([00:57:07](#)):

Pono,

Linda Tellington Jones ([00:57:10](#)):

Oho. Okay. And it's and the thing you, you would, you have really enjoy this man. I have never met him, but I just got a, a picture yesterday from one of my friends who did a workshop with him last month. And she told him that it was my, one of my books that made her look him up. So he wanted to take a picture together and send it to me. So I just, you, you would really enjoy this guy.

Warwick Schiller ([00:57:38](#)):

Wow. Where in, where in Hawaii did you, were you

Linda Tellington Jones ([00:57:41](#)):

In in Kona, Kailua.

Warwick Schiller ([00:57:47](#)):

My son lives in Hawaii. That's all

Linda Tellington Jones ([00:57:49](#)):

Where? Well, we're on the big island. That's what we have to

Warwick Schiller ([00:57:53](#)):

Island. No, he lives in

Linda Tellington Jones ([00:57:57](#)):

Was a great place to be when I was on the road traveling. It's a great, great place to vacation, but I want more action. That's why we moved to Florida.

Warwick Schiller ([00:58:06](#)):

So you live in Florida. Now

Linda Tellington Jones ([00:58:10](#)):

We bought a house that we haven't seen, cuz we were only, we closed our house, sold it in Florida and in Hawaii moved, then it flew to Florida stayed two weeks house something couldn't I mean, and we didn't manage to get one cuz the prices are crazy there too. And we got on a ship and a friend of ours said our realtor showed us this house and we bought it. So we're so excited. It's like two acres of grass. So I can bring a horse over and let him graze a couple hours a day. And we have a, we have a heated salt water swimming pool. And the whole thing is like hurricane proof cuz that's what my husband just insisted on. So we're excited

Warwick Schiller ([00:58:53](#)):

Hurricane

Linda Tellington Jones ([00:58:54](#)):

And we really have that. You yeah, hurricane means it can't be bloom now.

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

Right. So where we live. So we live in Hollister, California. So we're only 45 minutes from Santa Cruz on Monterey. So you're very familiar with area and you know, we're in the bottom end of Silicon valley. So it's very expensive here and we'd like to have, we've only got six acres and we'd like to have a bigger place just to have bigger pastures for the horses and stuff. But the trouble is, it's very, very hard to find a place in America that doesn't have fires, tornadoes, hurricanes, whatever, cuz that's my wife's big thing. Like she doesn't want them natural. You know, she doesn't mind the earthquakes here because they come once every hundred years sort of thing. But yeah, hurricane proof that would be, that would be high on her list.

Linda Tellington Jones ([00:59:43](#)):

So, well my husband too, because oh my God, floods and hurricanes, the whole thing could be underwater. Right? So so what it means is that the house is built of, you know, cement block mm-hmm <affirmative> and then on and the, the windows ideal situation is you have hurricane proof, shatterproof windows, otherwise you have, you have just these light, middle things you put up over them for hurricane, but he, he wanted it all and we finally found it, but in the, the houses that we were, I mean, so many of the houses were built in the eighties there and they're still standing. That's my, you know, my attitude is if your house blows down, take the insurance and build it again, you know, but that's not everybody's way of thinking. And so we are really excited about it and we downsized, it's almost half the size of our house in Flo in Hawaii. I mean, it was ridiculous for two people, but, but we did our big workshops there. You know, we did several workshops a year and we could have like 24 people in our downstairs living room. So anyway, look at Florida,

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

Look at Florida. Okay. So let's go back to Pono Pono thing. Tell me, tell me more about that. I mean, cause it, it sounds well, I'll tell you what, to me, it sounds like well let's get back to Ruper Isaacson, you know, that's, that's how we connected. I had Rupert on the podcast and I think Rupert thought I wanted to talk about horse boy stuff and all that sort of thing because it's a horse podcast. And, but what I was really what I'm re what really interests me is in indigenous wisdom, you know, old wisdom. Yeah. Ancient wisdom. And you know, I'm sure this is an ancient kind of Hawaiian connection to something greater than us, you know? So yeah. Me, tell me more about this stuff that excites me.

Linda Tellington Jones ([01:01:53](#)):

So the, there, the reason it is spread, like it's over in 50 languages around the world and the reason is it's so simple. It's four based on four separate phrases. Please forgive me for anything. I'll talk about that in a minute. I'm sorry. Thank you for the, and I love you now. The, I love you just really stops so many people and I didn't understand it until I spoke to one of my friends who reads French and read the book. It's the book of ho oppo. And you would really enjoy that book because it it explains the way it works based on and the connection to a heart match and to quantum science. And it's wonderful. And where I got what I needed to understand, to explain to people what that means. I love you cuz if I love yourself or do I love the other person, that's where it all makes us together really beautifully with the course of

miracles, this concept that I am you, that we are so one at the cellular level. And so anyway, what that means, like when people who can't say, I bet, you know, a lot of people like I do, they can't say, I love you to themselves.

Warwick Schiller ([01:03:24](#)):

Right, right.

Linda Tellington Jones ([01:03:26](#)):

But you know, what made me have the, the understanding of it love the divine spark in yourself. <Laugh> because now that's where I wanna give some credit to the next person that made me come to another level. And that is Bruce Lipton. Ah, yes. And his, the spontaneous evolution. Have you read that? Have you looked at that book? It took me like two months to read it. Cuz it's so rich, but there's one chapter and now you listening go, just go to you know, to YouTube and listen to Bruce Lipton.

Warwick Schiller ([01:04:05](#)):

So the only one of Bruce lipins I've got is the biology of belief. So what's the name of this one

Linda Tellington Jones ([01:04:10](#)):

It's called spontaneous evolution,

Warwick Schiller ([01:04:15](#)):

Spontaneous evolution. Okay. It's

Linda Tellington Jones ([01:04:17](#)):

Co it's co-authored and his, and what he, his premise is this. He talks about the evolution of the cells and how it's so incredible that every cell is in communication with the other parts of the body. Now come on Orrick, think about it, how come our blood flows and we don't have to do anything about it. How come we conceive? Why can we speak? Because every cell in the body knows its function in the body. That was the first introduction for me from Sharington. But two years ago, I started sharing in my, I, I have a online weekly, two, two hours of to touch for self-help self-care. And we were, we read a book called cellular wisdom by Joan C Joan L. King. And she start, she was for 20 years, she taught cell biology at Tufts university of medicine. And one day she read a legend that changed her life and she left the field of university and started teaching cellular wisdom as a way of understanding ourselves.

Linda Tellington Jones ([01:05:36](#)):

And that's what Bruce Lipton talks about in a spontaneous evolution. Listen, if we could just cooperate like ourselves, do in our body with this intelligence, then our world would be different. And I personally think that's what's happening now with all this terrible stuff that's doing happening in the Ukraine. People are beginning to be more, no more compassionate and really caring. And I don't know what moved us from that because <laugh> look what's happening in Africa. There's so many people striving, but not much people pay attention, but something has happened in this planet. And I believe it's time that it's it's could really make a huge change for us to begin to care about what other people are feeling and thinking. Yep.

Warwick Schiller ([01:06:32](#)):

Yeah. You know? Yeah. I think there's a huge change coming and like, like the change that I see is like in the horse world, as far as the stuff that I'm talking about and you are talking about, wasn't really talked about not all that long ago, you know what I mean? And, and just these days, I think with the advent of the internet, there's, there's no reason to be, I don't wanna say the word ignorant, but uninformed anymore. And like, you're talking about Bruce Lipton and, and guys like that, and you, I'm not sure if it's in one of his books, but you know, like when you hear stories about like people that have like say a heart transplant or something or other, and the new person takes on the either the personality or the quirks or the even food preferences. I remember reading about someone had a heart transplant and the person that received a heart was, you know, was in his, maybe in his fifties, in his fifties.

Warwick Schiller ([01:07:30](#)):

And he had, he had like a, a you know, a very advanced palette and, and like certain sorts of foods. And then he started craving like hamburgers and, and French fries and stuff like that he's never, ever wanted. And then he finds out that the HARDI got was from this 18 year old who loved hamburgers and French fries or right. Or suddenly they wanna play the guitar. They've never been musical before. And the person that had the previous heart, you know, like the, and, and also like with Bruce Lipton, talking about how every cell to the same, and it's not till you give that gene the expression that decides whether it becomes a lung or a heart or a leg or an eye or an ear or a toe or whatever, you know, it's yeah. It's just so fascinating to, and, and, and these days it's, I think the, the science backs up the that's the thing I'm really finding is science backing up ancient wisdom, science backing up spiritual practices that we just, before you needed to believe. And now you kind of have the proof. And I, I think the people who are quite left-brained, it really helps them maybe be open to like spiritual things or whatever, because now I can understand, I can, instead of having the intuition level, you have the, you know, the, the, the quantit quantitative, the, you know, I understand it. I can, I can quantify it. So now I'm, I'm into it. Yeah. It's, it's an exciting, I think it's a really exciting time.

Linda Tellington Jones ([01:08:57](#)):

It's a very exciting, and in this book, the cellular wisdom by Joanie King she, her first sentence is every sale as a genius. And then she starts to explain in a very sci in a totally scientific way exactly the function of each cell. I mean, it's so intriguing and really exciting. And the, you know, I, what I've been doing, I've been teaching on zoom for the last three years actually. And what we, what we've found for years is we can, with these one and a quarter basic circles, we can reduce or disappear pain yourself. Doesn't take someone else, but with these basic one and a quarter circles or reduce, or just disappear, fear, fear, you know, with these heart hugs that we do and this really understanding that we can, we can measurably shift the focus that you have in an emotional situation from the limbic system to the, for brain and from the control of the sympathetic nervous system, fight flight freeze, fool around to the parasympathetic, the ability to connect from the heart and the head as the beautiful research, that amazing research that heart math Institute continues to do.

Linda Tellington Jones ([01:10:29](#)):

So it's like, it's no longer a woo woo thing. It's, it's science and that's, what's so exciting.

Warwick Schiller ([01:10:38](#)):

You know, I had a, I had a guest in the podcast from, from Scotland and she there's a saying that she said during that podcast, that people talk about all the time. She said, you can't fight the woo.

Linda Tellington Jones ([01:10:54](#)):

Well, you, you can by ignoring it, but she must have come from fin torn. And that's, that's the fin torn stuff. It's oh, really? It's amazing. They're really, you gotta look it up and see that the origins of it, because they basically at fin horn, they took this piece of property, which is like not good soil, terrible weather. And they were able, they have created these amazing gardens that were studied from people around the world. And they did it by actually by cooperating with nature spirits. And it's you have to, you have to see it. I mean, you have to get to know them.

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

So they, so they grew stuff in non fertile ground by,

Linda Tellington Jones ([01:11:47](#)):

By working with, with the nature spirits in the soil. And

Warwick Schiller ([01:11:52](#)):

So this is just, this comes back to in like indigenous practices. I mean, indigenous people have done this sort of stuff for

Linda Tellington Jones ([01:11:59](#)):

Right.

Warwick Schiller ([01:11:59](#)):

Millenniums. You know what I mean?

Linda Tellington Jones ([01:12:02](#)):

Yep. Yes. And one of the books that I think you would really enjoy of, of Greg Braden, it's the spontaneous healing of belief and one, like, I always get one concept out of every book that I read of has, I mean, they're amazing all of them, but it's this concept of energy you see, when I did the Feld and Christ training mu she Feld and Christ would never allow us to speak about energy. And I did that training in the seventies, and everybody was talking about energy at the time, of course, you know, and, but we weren't allowed because he was a scientist with a PhD from Theban. And that means you, you didn't, you couldn't define energy, but interesting definition of great Braden is that every thought we have is energy. And you can prove that if you have, have you read well, you may, the, one of the books that I feel is really important is the field by Lynn MC tankert. And she and in the intention experiment tells of all of these studies from many, many universities around the, the world that show that we, how we can affect our computers by our thoughts, how we, how just you can send your thoughts and affect measurably somebody across the room or across the world. And so, anyway, so every thought is energy. Every feeling we have is energy. Every emotion is energy and every belief. So our, our beliefs can either, you know, limit us or open us to infinite possibilities. That's what

Warwick Schiller ([01:13:56](#)):

Infinite possibilities I was. You know, I was talking to a friend of mine the other day, and I said something about, oh, you know, different things that have hap have happened to me in the last 10 or 12 years or more that were, that you would call me lucky. You know what I mean? And I said to him, you know, what it's funny is I didn't used to be lucky. And then when I, something changed where I started to view

things differently. And when I started to look at the world differently, the world, you know, I'm a big believer in, in the saying, when you change the way you look at things, the things you look at change. And, and yeah. At some point in time, I got really, really lucky, but I, I didn't, I didn't used to be lucky. So yeah. You know, you were just talking about thoughts and, you know, thoughts and emotions and all that stuff for energy. And there's a really, really good. Have you ever read becoming supernatural by Dr. Joe dispensen?

Linda Tellington Jones ([01:14:51](#)):

No, but I don't even know that name.

Warwick Schiller ([01:14:54](#)):

Oh, so Dr. Joe was the guy that I went to in London. You mean, did the correct thing? He did him dispenser.

Linda Tellington Jones ([01:15:02](#)):

Oh yeah. No, of course I know, but I don't know

Warwick Schiller ([01:15:05](#)):

That book's, that book's called becoming supernatural, but in there he talks about an experiment done by a French guy and his last name's epoch, E P O C H. But what he does is he has a you know, what one of them robot vacuums are like the, the robot vacuum that goes around. Well, it changes direction when it bumps into something, doesn't it? Okay. Well, he ma they made this robot that was a random generated directional change. So it would go then it would turn, it would turn, but it was all random. It was randomly generated by the computer. Just like you can have a random Nu and generator, whatever, and you put it in this area and they mapped where it used, you know, what, how much of the area it used and this screen you're looking at here with this random generating robot, it, it basically used the whole area.

Warwick Schiller ([01:15:55](#)):

If you mapped it over a period of time, it kind of used the whole area. Then what they, this is crazy. Then what they did was they imprinted some baby chickens onto the robot. You know, you imprinted baby chicken onto whatever. And so these baby chickens looked at this robot like it's mother. And so they followed it around wherever it went. And once again, it still used basically the whole area. Then after they got the baby chickens imprinted on there, they took the baby chickens out of the area and they put them in a little enclosure off to the side of that area. So what do you think these baby chickens thoughts are now saying they're away from their mother? They're like, mommy, mommy, come over here, mommy. So then the random directional changing robot when they let it go again, it basically only used the half of the area on the side of the chickens.

Warwick Schiller ([01:16:47](#)):

So, and I talk about this and I do a lot of clinics all around the world. And I talk this, I talk to people about this with their horses. If chickens can influence where a robot goes by their thoughts, then the thoughts you have about your horse have way more influence than that. And especially if you view, you know, if you view your horse's behavior as bad or whatever you label that behavior. Yeah. If you have this negative attitude towards your horse's behavior, instead of, instead of thinking of your horse's behavior

as an unmet need or a, you know, it's, it's how they feel at the moment. It's, it's not good or bad or right or wrong. It's, it's how they feel at the moment. If you can change first thing, if you can change that, then you are not adding to whatever's going on in a, in a negative way. Do you know who mark Rashid is?

Linda Tellington Jones ([01:17:50](#)):

Yes, of course.

Warwick Schiller ([01:17:51](#)):

Yes. So I had mark on the podcast and he was talking about you know, he's into Aikido, which is the type of martial art. And he talks about the, the thought in Aikido of having a mind like still water. And he says, you know, if you go out in the early morning when there's no breeze, and you look at a pond, when you look at that pond, you get a direct reflection of ex what's. On the other side of that pond, you get an absolute, direct reflection of that. But if you take a little pebble and throw it in the middle of that pond, and there's ripples, you have now affected what that thing on the other side of the pond looks like. And he says, you know, it's kind of the same with your horse. If you, you come along to your horse and you have, you don't have a mind like Stillwater, your mind is judging and comparing and having expectations, all those sorts of things you have now affected your horse. And it's gonna be in a negative way, but it, the horse, that's not the horse's choice to behave that way. It's, it's, it's part of the energy or the intention that you are putting into the, the interaction.

Linda Tellington Jones ([01:18:54](#)):

Yeah. And it's a really, really important concept. You know, one of our basic keys to success of the telling to method is the concept that if you want to change your horse's behavior or performance or personality or relationship with you, or even their wellbeing, you have to change your mind about what you're seeing. And yes, it's not what we ignore it, but we have the techniques to bring them to a place you would like them to have and focus on that. And it's, so I'm sure you must run into this all this time. Like in Switzerland last week I had a woman telling us about this behavior of their horse and, you know, she'd gotten the horse from Poland and she was really dangerous and kicking and all that stuff. And and I said, oh, interesting. Like is she like that now?

Linda Tellington Jones ([01:19:49](#)):

No. Well, when did that happen last four years before? And that's, I get it all the time. People focus on something had happened a long time ago, instead of thinking how lucky that horse is, that she's now with these people who have a different attitude and without, without holding that potential and then having the tools to get them to a place that you'd like you can't change. It's it's really interesting. Yeah. These are important times, you know, there's another young person. I wonder if you've ever interviewed him. I, I, I just did. She touched on him last week at ECU or last month, and I think he would be interesting for you to listen to, I mean, to interview

Warwick Schiller ([01:20:39](#)):

And who is he?

Linda Tellington Jones ([01:20:41](#)):

A God Arian Aguila.

Warwick Schiller ([01:20:49](#)):

And where is he from?

Linda Tellington Jones ([01:20:54](#)):

He might have been born in Mexico cuz that's where his dad was for a long time, but he lives right now in Southern Germany.

Warwick Schiller ([01:21:02](#)):

And what does he do?

Linda Tellington Jones ([01:21:05](#)):

Well I didn't watch his stuff, but he, everybody says he's wonderful with horses. He, he does performances with different types of Liberty work. Oh,

Warwick Schiller ([01:21:17](#)):

Okay. I know, I don't know the guy, but yes. I've seen that. I've seen that name. Yes,

Linda Tellington Jones ([01:21:23](#)):

Very nice young person and very respected horse person. And what, what got me is I, I just heard on my drive to the Munich airport to fly to Italy on Monday. I just heard that he was like 20 kilometers from where I was working for four days. And I'm so sorry that I didn't know that because he's a, a young person worth knowing. And what really got me is he's working also with Liberty work with pigs. And now I can't remember a second really interesting besides the horses. So he's, you know, he's kind of moving out of cuz so many people do Liberty work. And do you, do you, have you interviewed Frederick Pinon?

Warwick Schiller ([01:22:12](#)):

No. Everybody says I gotta get Fred Frederick on there. Yeah. I've gotta get, I've gotta get him on here one day.

Linda Tellington Jones ([01:22:18](#)):

Yeah, because he's just a human being a man, you know, like his brother too. I mean they're and the thing that he does that, I mean, I couldn't, I I've, I've done I've, co-taught taught clinic several times with him and I was like blown out of the water when he starts talking about seeing your horse from a place of love. Yes. And this guy really good. And I mean, you know, you've got two emotions according to the Jerry, John PS love and fear. Why do we choose which one do we choose?

Warwick Schiller ([01:23:00](#)):

Yes. It's like the, the, the white Wolf and the black Wolf, which ones the survive with the whichever one you feed.

Linda Tellington Jones ([01:23:06](#)):

<Laugh> interesting.

Warwick Schiller ([01:23:07](#)):

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You know, what I might do right now is normally when I have guests on the podcast, I send them a list of 20 questions for them to choose some questions. Yeah. And, and, you know, I gotta be totally honest here. I didn't send them to you because I thought, oh, she don't, she doesn't wanna be bothered with that stuff. You know what I mean?

Linda Tellington Jones ([01:23:27](#)):

Nice. It's fun.

Warwick Schiller ([01:23:27](#)):

So I didn't send you the questions, but I'm gonna, I'm going to pick a few of these. This, this will be interesting because you've probably already said it, but the first question is what book do you recommend the most? Not necessarily your favorite book to read for you to read, but the one that you feel everybody else needs to read, what book would you recommend

Linda Tellington Jones ([01:23:49](#)):

On what subject,

Warwick Schiller ([01:23:52](#)):

Hey, what book you recommend the most? I mean, you can choose the subject. You've you have a book that you tell, like you've told me several books that you have a one, you gotta read this book.

Linda Tellington Jones ([01:24:03](#)):

Right. And I have this huge long book book list that I have the book that I would say. But, and it's the year that I read it and the influence year influenced me. But I would say if you want something that has the potential for being life changing, it's the book of ho by oh wait, it, it is such a toss up between, between the, the spontaneous evolution of belief by

Warwick Schiller ([01:24:43](#)):

Bruce Lipton.

Linda Tellington Jones ([01:24:45](#)):

No, that that's, that's a hard book. You've gotta be really a serious,

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

You gotta be a certain place to,

Linda Tellington Jones ([01:24:53](#)):

To yeah. But no, by Greg breed, the, the, the the spontaneous, wait, what? Now I always get these two books between Bruce and Bruce Lipson and Greg mix up. It's it just look, take Google. Bruce Greg Braden's books, the spontaneous evolution of belief. I think

Warwick Schiller ([01:25:21](#)):

We'll, we'll look it up and I'll put it in the show notes.

Linda Tellington Jones ([01:25:23](#)):

Yeah. Do put it on because, because it's life changing. If you're, if you want to have something in a, like a little book that has the potential for changing your life, it's that wound by Dupre Wil Dupre, U U P R E E. Just called ho.

Warwick Schiller ([01:25:45](#)):

Okay.

Linda Tellington Jones ([01:25:46](#)):

Because it's, you know, it's something that we literally change your life. I, yeah. So what questions?

Warwick Schiller ([01:25:57](#)):

This,

Linda Tellington Jones ([01:25:57](#)):

I love of questions.

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

<Laugh> what, what was your biggest failure and how has it helped you?

Linda Tellington Jones ([01:26:04](#)):

Wow.

Warwick Schiller ([01:26:05](#)):

And see, normally, normally I send these questions ahead of time and people pick ones that they have a thing for. You can say, PA, you can say pass, if you like,

Linda Tellington Jones ([01:26:12](#)):

No, no, I don't need to pass. I wanna think about it. And what, what I think about that is I don't see anything as a failure because whatever happened, it's an opportunity for me to learn something. So I can't, I, I mean, it's crazy things like, oh my God, you know, I gave up the chance to go to hung with my friend, Margaret Besier and learn foreign hand driving. I mean, these are, I I've, I I'd love to think of something profound. Hmm. That didn't happen or happened. And I learned a lot from it cuz that's my thing is what can I learn? You know?

Warwick Schiller ([01:27:02](#)):

Oh, I can tell so I can tell, well, let's, let's go to the next one then, because you've, you've probably touched on this a million times in this interview, but if you could spread a message across the world, one that people would listen to, what would that message be?

Linda Tellington Jones ([01:27:20](#)):

And I haven't been asked that question. I have that absolute answer. It's my latest learning. And that is take time each day to count three blessings in your life and send it out around the planet.

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Warwick Schiller ([01:27:41](#)):

So basically gratitude practice.

Linda Tellington Jones ([01:27:43](#)):

Yep.

Warwick Schiller ([01:27:45](#)):

Okay. So gratitude

Linda Tellington Jones ([01:27:46](#)):

Because gratitude, overrides, fear over rag fear. And that's been known since the 14th century, you can find reference to that.

Warwick Schiller ([01:27:56](#)):

Yeah. I think, I think if you go back to more indigenous things, it's been around a whole lot longer than that.

Linda Tellington Jones ([01:28:01](#)):

Well, yeah. Right. That's only, you know, the stuff that's been printed. Right.

Warwick Schiller ([01:28:05](#)):

Okay. So this one's interesting. What is an unusual habit you have or something out of the ordinary that you really love

Linda Tellington Jones ([01:28:19](#)):

Seeing each person or each animal is a blessing, no matter what they look like, see the divine spark in each person and recognize whatever. If there's something about that person that, you know, I question, I know I have something about that in me and that's straight from the course of miracles, you know, it's just a really important lesson, but it's it, it's seeing the beauty in people, you know, it's a wow factor for me is I don't care what the person is or what the animal is. See the beauty

Warwick Schiller ([01:28:57](#)):

That's, that's not an unusual habit. I, I, I would like that to be everybody's habit. I think everybody should have the habit, but okay. What other questions can I ask you here? Okay. This one's, you've probably answered this already, but what do you feel is your true purpose in the world and you've already, you've already.

Linda Tellington Jones ([01:29:20](#)):

No, I, I mean, I, I think it's, I like you have to really, how would you say that? I think my true purpose is to live gratitude and yeah. And my specific purpose in the horse world. It's my next message for my next 20 years. And it's to open the infinite possibility that people will learn to see each of their horses as an individual and just recognize the gifts that each horse brings to our life. No matter what it is, no matter how that horse is, look for the gifts, look for the recognize that individual don't, you know, recognize the individual.

Warwick Schiller ([01:30:11](#)):

Yeah. You know, I, I really think that that's not just a horse thing there because what I found is helping, helping people do that sort of thing with their horse, look at their horse, you know, have the mind like still water about your horse. You can't just do it with your horse. It carries over once you start to, to, to do that sort of thing, it carries over to every part of your life. And I really that, that's why this H this podcast is not really about horses. I mean, usually their horse, sometimes most times're horse people on here. But what I find is that it always comes back to, you know, the reason someone is successful with horses is not because of a technique. They have it's, it's who they are and how they, how they view the world. And, and I, I really, I think the great thing about horses for the general public is what I found is people will not change for their husband or for their wife or their kids or their boss or their coworker or whatever, but they will make some changes to get along with their horse better.

Warwick Schiller ([01:31:14](#)):

And then that carries over into the, the rest of their life. So they influence, you know, that's an influence of everybody in their surf, everybody they come in contact with. And then if we can get those people to do the same thing with everyone, they come in contact with. And, and I really think horses are a, a, a huge, one of the, the huge factors in change the world. Really.

Linda Tellington Jones ([01:31:40](#)):

Yeah. Certainly the ones. And, and thanks to the possibility of things like your podcast or things like YouTube people can be exposed to. So they never had the opportunity and before,

Warwick Schiller ([01:31:55](#)):

Yeah, most certainly. Okay. What quality do you admire in a person?

Linda Tellington Jones ([01:32:04](#)):

Kindness.

Warwick Schiller ([01:32:08](#)):

Good answer. But that, but that just comes back to, you know, where does kindness in a person come from? It comes back to what everything you've been talking about so far, you know, that's, that's, that's very cool. What are the questions? Oh, okay. So I there's 20 questions. I usually have people, you know, pick four to seven for me to, we weave into our conversation and I don't think I've ever had anybody not choose this question, which gives you an idea of the type of people have in the podcast. But the question is, what is your relationship like with fear?

Linda Tellington Jones ([01:32:57](#)):

Ah, I think fear is really important. <Laugh>, it'll save your life and being able to differentiate consciously and then have a way to deal with fear. And I, I have numerous ways to deal with fear that I, I recommend to people. But part of it is asking for help prayer, if you're in a situation where you really need something and recognizing that fear is real in the body for horse people or people who deal with situations like I was just talking to one of our really incredible veterinarians. That's why I'm here this week in Italy giving a, a workshop at their place. And she had a really bad accident at one point. And there are times when she, she can catch herself and she can override it, but I'm sure you've seen it or this concept that people who've had a really like a life threatening accident.

Linda Tellington Jones ([01:34:09](#)):

Boy, they, they cannot get back on that horse, or they're always afraid when they're on that horse. When you recognize that what we've discovered with these basic one and a quarter circles and a pause and a circle back gently moving the skin that you can release fear at that cellular level, you can bring, get back in the body because if you've been really hurt or really afraid because maybe a person who's not so experienced, hasn't been really hurt, but really scared. It stays in the cells and that's where with these one and a quarter circles, we can release fear at the cellular level. You can do it yourself. That's the good part.

Warwick Schiller ([01:34:58](#)):

You know, I didn't really want to get into technique and stuff like that in the podcast, but you've mentioned these one and a quarter circles so much that tell me a bit about, tell me about these one and a quarter circles.

Linda Tellington Jones ([01:35:09](#)):

Well, as I said, they came to me like intuitively at that one situation where the horse was so quiet for me, just because I had this quiet, I mean talking about the stillness of the pond, what I learned how to be still was from my grandfather. When I remember when I was nine years old is like, who imagining I was an Indian and native American, like just sitting quietly, not just being isn't that funny at that age. And I'm sure it was from past life. But then I learned something from a little book called the blind samurai and this blind samurai in the, I don't know, 12th century or something could never be bested by another swordsman because he emptied his head like a GORT. And that means, of course, no, he had, he, they didn't say that, but we know from the, from the quantum field, he was, had all this help.

Linda Tellington Jones ([01:36:17](#)):

And so that's what I've done for years. If I have a horse that won't go jump a ditch. Yeah. And, and you haven't had any chance to train. You're just like at a big event. And this is da da happen to me, it's in one of my books and this, I just, this, this stallion Hungarian stallion came out. You know how that is when a, when a horse stops, especially stallion, you can't push them forward. So the second he stopped, cuz that was his reputation that he would do this. And it was a big ditch ahead of me practicing before a three day event. And as soon as he stopped, I just like got really still made it really clear. Couldn't go left. Couldn't go right. Not an option to go back, but he wouldn't want to cuz I didn't push him. And I just held this possibility that he would choose to jump that ditch. And <laugh>, that's what he did. I, I don't know. I probably sat there not asleep, man. It's not like you're, you know, thinking of what you're gonna eat for lunch. It really clear holding that possibility for that horse. And after a few minutes he just started walking forward. I didn't push him, walked forward T it, a few steps, jumped the ditch and I never had a ditch problem with that horse in a three day event.

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

Okay. Let's let's let's let's let's go back to the quote that I thought was from a course in miracles. Okay. The quote said those who are certain of the outcome can afford to wait and wait without anxiety. So he, how many people could be riding his Hungarian stallion and the approaches, the ditch and it stops.

Linda Tellington Jones ([01:37:58](#)):

And then they start

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

And, and then they start doing everything. But you sat there and mentally, you said, you can't go left. You can't go right. You can't go backwards. You didn't do it physically. But then you had the possibility of going forward. And you said you sat there for a couple of minutes. Now, a couple of minutes on a horse who doesn't wanna do something and you sitting perfectly, still is a lifetime for, for most people. But I, this comes back to that quote, those who are certain of the outcome can afford to wait and wait without anxiety. And a lot of the stuff I do these days with horses is wait. Yep. But you can't wait with an anxiety. You can't wait with, when is it gonna, when is it gonna happen? Why you just you've gotta have that certainty of that outcome. And you can. Yeah. I love that. Quote, those who are certain that the outcome can afford to wait and wait with every really

Linda Tellington Jones ([01:38:48](#)):

Beautiful and the reason you and I can both be successful because if it doesn't happen, I know I have another way to show that horse to overcome the fear that's been caused by the horse. Been beaten over a right.

Warwick Schiller ([01:39:04](#)):

Yeah. Ditch. Yeah. <Laugh>

Warwick Schiller ([01:39:06](#)):

But I, but I do. I, you know, I do think, I mean there's so I think there's so much to it, but one of the things that you are doing when you are sitting there, one of the things you're communicating to the horse is that I have no expectation. I, I'm not gonna, I'm not that other person, I'm not gonna force you to do it. And I mean, there's so many infinitely small things that, that allow this stuff to happen, but one of them is, is showing that horse that you are, that you are different that you and, and I've been on. I've been doing some stuff with horses for a number of years now to where it's yeah. It's, it's got a lot to do with not doing anything and they go, oh, oh, so you, you're not gonna okay. And yeah, it's, it's it's yeah. It's pretty crazy. <Laugh> <laugh> not, well, it's not call it crazy, but yeah. Yeah. Amazing stuff. So you, I was asking about the, the circle thing. Yeah. And you said you just intuitively did that, like you, you and, and, you know, I used to, so

Linda Tellington Jones ([01:40:24](#)):

Sorry, the first thing was go up and put your hand on the shoulder and move the skin in a circle. And so when I got that, wait a minute, that's, I've never seen a change in a horse that was biting and kicking because they were afraid change from just this like moving skin. And so I started following that path and a couple of months later I was giving a workshop in Carmel valley with what a hundred people. And I always in workshops have people in now I have them work on themselves, but then I would have them pick a neighbor if you want, there's someone you're with. And I'll, I'll lead you through these one and a quarter circles. And, and it's specifically, you take a cloth clock off the wall and you know, you see the numbers on the clock and you imagine that clock and why that works with those circles is that when we imagine something we, anything to do with imagination or movement, we activate the right part of the brain, which is creativity feeling which, oh my gosh, through COVID so many, so much more feeling has been shut down and intuition and compassion.

Linda Tellington Jones ([01:41:42](#)):

And the intuition now that I used for that has, that has to do with the circles is the, it comes from a little book called intuition by a woman named Judy J U D E E G E E was given to me many, many years ago. And her definition makes sense to me. And I think it would to you too. And that is intuition is the manifestation of divine consciousness within you. And to me, that means that you realize, wait a minute, who what's responsible that my blood flow, you know, my lymph forks, blah, blah, all this stuff that are miracles that are written so beautifully by Dr. Bruce Lipton in his books and described, you know, how the evolution of the cells. Now, the reason you do that clock is because the clock has numbers. And when we put, imagine that we're moving around the base of the clock and these like five quarter arcs, anything to do with numbers or method activates the logical part of the brain.

Linda Tellington Jones ([01:42:48](#)):

And we couldn't get along without logical computer on the computer, but people who are only trained for left brain and trained not to trust that intuition or not to feel things. And certainly not to be compassionate, man, they're really, they're really limited. And that I think would cause a lot of fear <laugh> at some point. So that's, that's what I know that that is what is happening. And I also know through the studies that we've done on this gentle one in a quarter circles is we are activating both hemispheres of the brain and that's work that I did with <laugh> the high performance mind is the book that we're actually this, some of the studies that we did are in that, in that book. And I recognize that when we activate both hemispheres in beta alpha theta and Delta, that that is a study by max Vade in the fifties of consciousness, different level of consciousness. And that's what kept me like totally passionate about this work because of those studies that we did do that we know it's true. That's what happens when you either do the circles on your horse. And by that I actually mean work. It's not moving over the skin. That's what you would think. It's actually gently

Warwick Schiller ([01:44:16](#)):

Moving, moving that Fasher around you.

Linda Tellington Jones ([01:44:19](#)):

Yep, exactly. And you mentioned fascia with light contact with the cells, the American us massage association at a 2000 person study showing that light contact with the body activates the most oxytocin. That's the trust trauma

Warwick Schiller ([01:44:38](#)):

That

Linda Tellington Jones ([01:44:39](#)):

The slip and talks about. And also now what we've no realize from the studying that we've done with this is when you smile, when you do like moving the skin, what it does is activate the feel good hormone, the serotonin. So if you do these, what we call heart hugs like one and a quarter circles, like when your heart chakra you're in the middle, that it's just like you imagine the face of the clock, think of the wall, put the clock there, right. Six o'clock is toward the ground nine toward the right shoulder, the 12 to the chin and three in the direction of the, of the left shoulder. Now why I say that is that's a method, right? And then we put those numbers there. So you get the logic, but then the gentle movement and the imagination activates the right brain, feeling creativity, not intuition and

compassion. And we just found through these studies that we did with Anna Wise, with the mind mirror in 84, 85, 2009, that we are getting that activation in the person's being touched and, and touching, touching. But what's interesting that deep work is what the study showed. Like many people love activates more of the cortisol,

Warwick Schiller ([01:46:09](#)):

More sympathetic type thing.

Linda Tellington Jones ([01:46:12](#)):

Exactly. Yeah. Fight flight is faint fool around,

Warwick Schiller ([01:46:15](#)):

You know, it's interesting. I mean, regular listen to the podcast would know this, you ha you know, nothing about me. But a number of years ago, my wife bought a horse who was very you know, a high level raining horse. We were used to do the raining high level raining horse, but there was, he had, he was very obedient, but he was very kind of inside his head and kind of,

Linda Tellington Jones ([01:46:39](#)):

Yeah,

Warwick Schiller ([01:46:39](#)):

Shut down, shut down. And nothing that I had done up to that point in time worked on this horse. So he kind of led me to kind of look outside what I'd been doing sort of thing. But anyway, what he led me to figure out was I was shut down. And so I ended up going and doing a year of a type of therapy called dialectical behavior therapy, which was originally started for people with actually it was originally invented for highly suicidal adults, but they realized it's good for anybody with any emotional regulation issues and the whole, the whole purpose of that, that thing, like at the very start, it shows you these two circles that are inter overlapped, like a two circle ven diagram sort of thing. And one is the intuition side. And one is the thinking side. And that piece in the middle is what they call.

Warwick Schiller ([01:47:28](#)):

Right, right. Thinking. And it's, that's what you're on about here. And, and so this, this, this one and a quarter circle thing, it's fascinating that you put it that way, that, you know, that it activates the thinking side of the brain, the left side of the brain, but also activates the, the right side, the intuition part and the imagining Thema, you know, I guess there's a somatic experience part to it as well, which is the part of the right brain that gets you outta your, out of your thinking mind. But then you've, then you've gotta think about the numbers, which is, which is left brain that's. Yeah. That's amazing that that's how you explain that makes it makes, makes a lot of sense. That's very cool.

Linda Tellington Jones ([01:48:11](#)):

Well, and the thing that's really exciting about 15 years ago in one of our weekend trainings for self-help in Germany, a young man who was a Saban in the autism spectrum, came into the class and he said, you know, this one and a circle is that famous spiral that's in all of nature at Golden's

Warwick Schiller ([01:48:36](#)):

The fi the FII sequence.

Linda Tellington Jones ([01:48:39](#)):

And, and FII is like five degrees short of one and a quarter. And we're just studying it right now. We've got a big study on, on it now. And that's what made, that's what made me realize that I, because my question is, wait a minute, how is it that a person, a, a child can relieve their own pain or fear with this stuff what's going on? And through all these, you know, just really studying with these famous scientists like Bruce Lipson and, and Joan King and recognizing the intelligence of the cells. I know today it's like this FCI, no movement, this spiral, you just turn the key. And with that one and Aqua spiral circle, you are connecting with that phenomenal intelligence in our cells that whatever you wanna call it, source universal, intelligent, God, intelligent, divine spark. That's what it is. And that's who we are, that's who we are. And when we start to give, thanks to the body and, and moving in these light con light contact we can activate that trust hormone. It's very exciting.

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

Very exciting. Now I gotta ask you, so this is a podcast, so people can't see it, but you've got this amazing necklace on what is that thing?

Linda Tellington Jones ([01:50:11](#)):

Mm-Hmm <affirmative>, that is a it's an octopus. I thought it was an octopus yeah. Made in Hawaii. And one of the reasons when I saw that, I just had to have it because years ago I was working with the husband of one of my, you know, practitioners. And he, he would capture octopus. <Laugh> funny, they're not called octopi.

Warwick Schiller ([01:50:35](#)):

Exactly.

Linda Tellington Jones ([01:50:36](#)):

Capture them and then send them like one that he was sending to the Baltimore aquarium. And I was there and I got to tee touch it. And when it came outta the water, it was just in a, you know, like a, a pan and of shallow water. It was quite a big octopus like that big. And if they're afraid, they change color, you know, they right. And they ink they, but I was able to touch it so gently, it never changed color now. End of story. Except that 20 years later I was giving, well, I was one of the presenters at the Baltimore zookeepers association, and I had all these pictures of all these different animals I've worked in, in various zoos around the world. And one of them, one of the aquarium people came up later and said, she knew the octopus that I had tea touched that it came with the reputation that I had tea touched it. And she said, it was, it lived the longest of any that they had. And they just had a feeling, it had a different level of con of consciousness. And I mean, you know, they're so incredibly intelligent. So isn't that fascinating?

Warwick Schiller ([01:51:47](#)):

Have you, have you seen my octopus teacher?

Linda Tellington Jones ([01:51:50](#)):

No. Oh, have I seen, of course I've seen it. I mean, isn't that phenomenal?

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Warwick Schiller ([01:51:55](#)):

Oh, it's the, it's the, it's the best documentary best documentary ever seen.

Linda Tellington Jones ([01:52:00](#)):

Absolutely. It's wildly wonderful. <Laugh>

Warwick Schiller ([01:52:06](#)):

And you know, what what's really interesting is, you know, our friend Rupert Isaacs, and I think he's just absolutely amazing, but him Rupert and that guy have some sort of a connection because that, so rut spent a lot of time with the, the Kois sand Bushman in the Kalahari. And that guy made a documentary on the Kois sand Bushman in the Kalahari. Right. And spent a lot of spent a lot of time there. So after I watched that movie, after I watched the my octopus teacher, I downloaded an audio book called the soul of an octopus. And right at the start, I'm gonna look it up here, right. At the start of that book, it says that you were correct. Right. Then when it's, you said it's, octopus's, it's not Octa octopi because octopus is octopus is a Greek word. And it's only in Latin that you do the, you know, C dye instead of CDUs. So yeah. Octopus is let look this up. So of an octopus, the subtitle of this book, so the book's called the soul of an octopus and the subtitle is a surprising exploration into the wonder of consciousness.

Linda Tellington Jones ([01:53:21](#)):

Wow.

Warwick Schiller ([01:53:23](#)):

And it's a lot, a lot, lot of it's in the Baltimore aquarium that you were talking about right there. Oh,

Linda Tellington Jones ([01:53:29](#)):

ISN that funny.

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

Yeah. This lady studies Octa Octas there and yeah. It's it's yeah. It's not a book, not necessarily a book about Octas, but some I learned in that book was that, you know, the brain power of an octopus far exceeds us. I think they're actually aliens. Actually. I, I, I really do. But each of their limbs has a brain in it. God, it has its own brain and the, the suckers on each limb. So they can, they can operate each sucker independently, independently of each other with varying amounts of pressure. Like they could pick up a ball and ball with any of 'em. The facts and figures about OC octopus is in that book were amazing. You know, how they change color, like, they'll go, like, if they're on the bottom of the ocean, in the sand at the same color as the sand, but as a cloud goes over them, they will change the color of them, like the clouds going over them. But the thing is they don't see the colors with their eyes. They have photoreceptors in their skin.

Linda Tellington Jones ([01:54:37](#)):

No.

Warwick Schiller ([01:54:37](#)):

And that's how they match the color of the thing. So they can basically see with their tentacles, with their, with their arms. They are, they are so much more evolved than we are. Like on a, like if you watched a, you know, sci-fi movie about, you know, 5,000 years in the future and things can octopus can already do it.

Linda Tellington Jones ([01:55:03](#)):

<Laugh> I mean, it's wonderful. I actually have a, a book that was written about that museum. And it was given to me by Judith Ogas who's right down there. You pretty close to Hollister there in Gilroy that's isn't that really

Warwick Schiller ([01:55:20](#)):

Close. Yeah. Very, very close to, yeah. Very close.

Linda Tellington Jones ([01:55:22](#)):

Yeah. And they told me about you and I'm so disappointed. I didn't have a chance to come down and see you, but I was always just like in and out when I was

Warwick Schiller ([01:55:29](#)):

There. Right. Oh. So we will, we will definitely catch up one of these days. Yeah, we could, we could talk for hours, but better cut this off, but thank you so much for joining me on the podcast. I hope I surprised you cuz you're probably thinking, oh, they're gonna ask me how to the things with the horses.

Linda Tellington Jones ([01:55:45](#)):

No, no, no. I didn't think that okay. When Rupert no, no. When Rupert recommends somebody to me, it will not be about just horses. I, I didn't, I had no expectation. That's the fun part.

Warwick Schiller ([01:55:58](#)):

That is, that is the fun part. Yeah. Rupert, he's just an amazing human being. Isn't he?

Linda Tellington Jones ([01:56:03](#)):

Oh my God. Unbeliev unbelievable intelligence. No,

Warwick Schiller ([01:56:08](#)):

You know the podcast I did with Rupert actually, you know, you know, you talk about, you were talking about things like yes, in 1967, this happened. And then in 1972, this happened and in 1981, this happened for me. My conversation with Rupert was one of those things. I, I had something shift in me from talking to Rupert

Linda Tellington Jones ([01:56:31](#)):

Surprising, not surprising. And I am so excited that, you know, it was in a way terrible that he had to leave Texas. But on the other hand, it's opened the rest of the world in ways that he wouldn't wouldn't have done if he was just focused there.

Warwick Schiller ([01:56:46](#)):

Yep. Yep. He's

Linda Tellington Jones ([01:56:48](#)):

Amazing. Anybody who hasn't read his book. I mean, I love the first book, but the second book, if, if you listener really love language that just puts you right in the spot, were you, were you just blown away by the language in that book? I mean, I think it just earned a prize for literature <laugh>

Warwick Schiller ([01:57:12](#)):

Yeah. I mean, I was blown away with that, but you're talking about the long road, huh? Not the long road at home. Yes. The long at home.

Linda Tellington Jones ([01:57:19](#)):

Yeah. Yeah.

Warwick Schiller ([01:57:20](#)):

Right. What I liked about that. So I had here, or probably six months ago, I had a lovely lady from North Dakota. She's a OGA, Lala Lakota. And she actually has a PhD in psychology and is back on the reservation helping the indigenous kids. And I was talking about you know, cultural appropriation and, and, and you know, what, what's, what you can, what you should and shouldn't do. And she was saying, yeah, well, you know, I said, I'm not really trying to culturally appropriate anybody's culture, but I, I, I'm interested in, in indigenous wisdom and that, that connection to what that we used to have, you know, and she said, well, it doesn't matter where you're from. There's if you go back far enough, you will have that. You know, I said, I'm mostly Irish. And she goes, well, you know, back before Christianity, there was this, you know, they had this connection to the earth, but we're talking about that sort of thing.

Warwick Schiller ([01:58:22](#)):

And, but I, and I said, but I don't think it's, I don't think any of this stuff is cultural appropriation because, and I talked about Rupert's book. I said, you know, he went to a shaman in Mongolia. She went to a, a native American healer in Arizona. He went to a shaman in Botswana, one of the bushmen and went to an Australian Aboriginal healer. And what's funny is these, the, the healing that they do is thousands of years old, but all four of them were very, very similar in what they did. You know what I mean? It wasn't like they were all completely different. And so it's, that's the thing I'm interested in is that collective consciousness that shared wisdom, not, you know, I want to be a native American, I want to act like this or that. It's like these all four of those shamans in that book of, of Ruperts all did something very, very similar. Like the, the sucking of the, the stuff out of Rowan's head, you know, the, and yeah, so that, that, yeah, that stuff just fascinates me. And yeah, I love that book, but I also love the healing land. Have you read that one about that? Rupert wrote about the Bushman and the Kalahari?

Linda Tellington Jones ([01:59:32](#)):

Oh, I did. I know, I forgot. I forgot about that. I should read it again because I've been interested in the color. I've been interested ever since that little movie, not little movie, that movie about the Bushman where they throw the bottle off, the,

Warwick Schiller ([01:59:49](#)):

The gods must be CRA. The gods must be crazy. What a good movie that was.

Linda Tellington Jones ([01:59:54](#)):

Oh my God. I love that movie so much. <Laugh> yeah. That's when I first became interested. <Laugh> yep. But

Warwick Schiller ([02:00:03](#)):

Yes.

Linda Tellington Jones ([02:00:04](#)):

Was a great gift to the planet.

Warwick Schiller ([02:00:05](#)):

Yes. He most certainly is. Okay. Well, we probably should wrap this up, but thank you so much for joining me before we go, how does everybody find out about all things, Linda Tillington Jones?

Linda Tellington Jones ([02:00:18](#)):

Well, you can go to my website, which is tto.com. And if you want, if you're interested in the Tellington method for your dogs for instance, my sister, Robin, you, you met and and her and my niece, Mandy pretty have put this online. So you can now, because we, we have people all over the world now who don't have any chance of coming to a workshop and you can get it online. And it's really fun. So that's called learn dotto.ca for Canada CA they're in Canada.

Warwick Schiller ([02:00:59](#)):

Okay.

Linda Tellington Jones ([02:00:59](#)):

And yeah. And you can also like I'm, I'm on Facebook of course, into Tellington Jones. And we have also the, the Tito world Tellington teach out world on Facebook and we have a, we have a fun thing. Actually Warwick that you can join for like 9 99 a month. And you have, I have so many of my books and newsletters over the years. And I don't know, Le more than a hundred webinars now that you can watch on all kinds of interesting subjects besides touch or anything to, to do around horses and dogs and kiddies and people <laugh>, or you can join me. And I'd love to invite you to come in, just to sit in, in one of my Tuesday classes, it's through two hours and it's teach taught for self care. And what I do is

Warwick Schiller ([02:01:54](#)):

I'd love to,

Linda Tellington Jones ([02:01:56](#)):

I, I lead people through teach truths for themselves to reduce fear or all kinds of pain that you can do yourself

Warwick Schiller ([02:02:05](#)):

Really. I'm all over that. Yes, we'll chat later, but that's awesome. Well, once again, thank you so much for joining me. This has been such a fun conversation. I just, I just love what you're doing in the world, and I think you're just making the world a better place.

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Linda Tellington Jones ([02:02:19](#)):

Well, I hope to, you know, really meet you. And I think it would be really fun for some of us to do a workshop together in some way it would be just like fun.

Warwick Schiller ([02:02:30](#)):

It will be, and yeah, let's put it out there. We're gonna do it one day

Linda Tellington Jones ([02:02:35](#)):

<Laugh> or out in the universe at least, right?

Warwick Schiller ([02:02:38](#)):

Yes. We'll do that too.

Linda Tellington Jones ([02:02:41](#)):

Okay.

Warwick Schiller ([02:02:41](#)):

Thanks so much

Linda Tellington Jones ([02:02:46](#)):

World.

Warwick Schiller ([02:02:48](#)):

Thanks so much for joining us and we'll catch you on the next episode of the journey on podcast.

Speaker 2 ([02:02:54](#)):

Thanks for listening to the Journey On Podcast with Warwick Schiller. Warwick has over 850 full-length training videos on his online video library at videos.warwickschiller.com Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.