

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 who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. 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](https://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 this week, my special guest is a lady named Austin Barry. So I'm gonna read you Austin's, ulittle bio from her website and then we'll get into the conversation with her. It says, Austin stumbled into the integrative practices of yoga and meditation before realizing their immense capacities for healing. Yoga classes started out as a hangover cure while meditation was later investigated as a morning, alternative to her habitual Golet of caffeine. However, the seeds planted through curiosity and practice eventually germinated into the rich possibility that there was a softer road than the one she'd become accustomed to her yoga journey unfolded from there. And she credits the practice for every blessing in her life. From her sobriety to the birth of her daughter, through experiences of her overwhelming grief and immeasurable joy.

Warwick Schiller ([00:01:36](#)):

The practice of yoga has been the centralizing pillar for it. All the enlightening of human consciousness does not demand that we believe any one thing or act any one way or drink any special brand of Kool-Aid. In her 15 years of living practice, Austin has experienced firsthand the palpable softening of trigger points and the inevitable healing of wounds wounds simply as welcomed by products of the practice of yoga, her love of music and nature studies in literature and work with horses, all contribute to the cental orientation of her offerings. We, her hope is to support others as they're tapping their own innate wisdom and realize their imutable home inside the heart of the world. Wow. What an intro. So that gives you a little bit of an idea of what this conversation with Austin Barry is gonna be like. And I hope you guys enjoy it as much as I do Austin Barry, welcome to the journey on podcast.

Austin Barry ([00:02:35](#)):

Hello. Hello.

Warwick Schiller ([00:02:37](#)):

This is this is gonna be fun because I've done a few of these recently where I have people on here that I know almost nothing about. I know a tiny little bit about, about I'm a good start. Yeah, I know. I, I know enough. No, I don't really, I really dunno anything about you except you do something to do with yoga. So why don't you why don't you tell us what you do and then we're gonna back it up and figure out how you arrived there in life.

Austin Barry ([00:03:02](#)):

So that's a kind of a good question. I'm probably the most apprehensive yoga teacher on the planet. Like I was not the thing that I wanted to do. But what I do right now is I teach yoga. And I've been doing that in addition to other things, but that's been the consistent for about a decade now. And the thing about saying something like I teach yoga I'm using air quotes because I know this is just audio. So anyone

who's listening, air quotes, I teach yoga. It's kind of like saying I'm a therapist, right? Or I'm a horse trainer. It's like, it doesn't actually give you any actual information about what it is that you do. It's more of an umbrella term and then the drawing kind of gets filled in as you show up. So essentially, I mean, I, I teach yoga here in Santa Fe and what that means is I think as much dictated by the persons who show up to the class and what they take from it, as it would be explained by me,

Warwick Schiller ([00:04:13](#)):

How let's, let's back up a little bit. How did you end up being a, a yoga teacher?

Austin Barry ([00:04:20](#)):

I, I stumbled into a yoga practice, right? I started practicing yoga and again, from like a Western context, when we hear I practice yoga, it's like you put on your fancy yoga pants and you get your mat and you go, and you do weird shit with your body for 60 to 90 minutes. And you like do some weird breathing stuff and yada yada yada, there's a whole notion that that's what it is. And that's where it started. I kind of stumbled into a yoga practice. I, I was essentially just a, a really unhappy person. I had an abundance of anxiety an overwhelming amount of just kind of general disease and grief kind of like not sure where it was sourced from, but a debilitating kind of unhappiness and a drinking problem. <Laugh>. So when I started yoga, it was more of a hangover cure.

Austin Barry ([00:05:15](#)):

And it started as a hangover cure if I'm being honest. And that's where I began, but what I found showing up was that it shifted something in my brain. Like my brain has kind of always been my nemesis in a lot of ways. I have had a very antagonistic relationship with my own brain and there was something about the physical yoga practice that settled my heart a little bit, ease my mind a little bit, gave me a, a softer spite from whatever it was that my reality had become at that point. And I was young. I mean, I was like, I was in high school when I started playing on a yoga mat. And it was kind of a momentum that built on its own. I didn't think that I was changing anything about myself or fixing anything about myself.

Austin Barry ([00:06:15](#)):

I didn't realize that this was gonna kind of offer me a way of being that was more useful in the world. It was literally just eh, this is something people do. And man, I feel like shit sure feels good to sweat out all those shenanigans for 90 minutes once a day or five days a week. So there was nothing like profound or glorious about my arrival in the yoga mat. But it became like one of the pillars of my routine. It was just, it became something that I did every day. And as any of us with any kind of long term practice, no, whether it's an horsemanship practice, a yoga practice, a parenting practice, a relationship practice, a trail running practice. If you show up every day, you will be changed. It's just inevitable. So that was how I kind of like awkwardly UN gracefully stone easily stumbled into a yoga practice.

Austin Barry ([00:07:14](#)):

And I started doing trainings, not because I had any interest in teaching because I had like terrible stage fright and all kinds of anxiety around that. It was simply because I wanted to deepen my own understanding of the practice from a postural standpoint, as well as a philosophical standpoint. And so it was purely through the the motivation of inquiry, basically this general inquiry. And, and then I had, and of course I was taking this training or proper trainings and people ask you when you're taking yoga training. Oh, so you wanna be a younger teacher? And I was like, oh, hell Mel, I don't wanna teach you

shit. I just wanna know more about it. I wanna dive more deeply into it. And I, and this is a way to do it. And then I had this like really narrow, like tiny little tiny little parameters of like, well, if, if teaching was presented to me in, in this space, this exact, like, if it happened like this, I would consider saying yes, and sure enough, just like your book that landed on your doorstep three times after hearing about it, this happened.

Austin Barry ([00:08:30](#)):

And I was like, shit, am I allowed to say shit?

Warwick Schiller ([00:08:33](#)):

<Laugh> yes. You, you are most certainly allowed

Austin Barry ([00:08:35](#)):

To say shit. Okay. Well, I said, oh shit. I said, if it happened this way, I would do it. And so now I have to do it. And so I kind of got like, like everything else in my life, kind of like I had to, like, I dug my heels in and, and it just kind of dragged me in. And now it's something that I do here in Santa Fe.

Warwick Schiller ([00:08:57](#)):

So Santa Fe is one of those, you know, it's a bit like Sedona, sort of a spiritually sort of place. People, lots of spiritual people tend to go there. Yeah. How do you like living in Santa Fe and how long have you lived there?

Austin Barry ([00:09:11](#)):

I've lived here. Someone just took a math for me recently. I thought it was a decade, but I guess it's more like 12 years or 13 years. Something like that, a little more than a decade. And I love living here. I remember the first time I drove out to this part of the country, I'm from the Northeast. So I, I was born in New Jersey. I grew up between New Jersey and Rhode Island. I went to college in Northern Vermont. I'm like a Northeasterner kind of gal. And my mom had a presence out here. So I was driving out here. I was 20 before I moved here officially. And I remember, I guess I must have been like 40 miles outta Santa Fe. And as soon as I got into this terrain, this, this high desert terrain is kind of unique. It's not what you expect.

Austin Barry ([00:10:03](#)):

It's not the Sedona terrain. It's a very different ecology. It's a really different landscape and it's completely different from everything that I, I had ever lived in at that point. I lived in New York. I lived in, you know, places that you can't see everything around, you there's either trees or there's buildings where there's rolling green mountain Hills. And I got out here and it was like, I felt at home without ever really having put any roots down here before. And there was something about the landscape and something about the light and the sky and the clouds. And it sounds like I'm like romanticizing. It I'm really not, it was just like, this place just felt like home. And I kept coming back to this place. And then eventually I got my shit together and figured out how to move here. And that was, you know, when I officially moved here, like full time, I was about 10 or 12 years ago.

Warwick Schiller ([00:10:58](#)):

And where were you living before that?

Austin Barry ([00:11:00](#)):

I was I was bump and around a little bit right prior to moving here, I was in Burlington, Vermont for two years. And I had been in and out of Vermont cuz I went to UVM, but I was a bit of a mess as a young person. And it took me more than four years to get that undergrad degree under my belt. But directly prior to here I was in, I was in Vermont for two years straight. And then before that I was kind of pinballing around a little bit.

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

So this, I was a bit of a mess. So it took me more than four years to get my undergraduate degree. What was your, what was your undergraduate degree and, and what sort of a mess were you?

Austin Barry ([00:11:39](#)):

Let's see. My undergrad degree was in English and environmental studies. So I had a major in English and minor in environmental studies, which, you know, I well we could spend hours talking about the educational system in this country and what a bachelor even means that a bachelors even means anymore. But I had, I was, I was really unhappy and I had a, I had a pretty significant drinking problem. I got sober at 21 and it's not because I was smart or wise, it was because I didn't really have any other options. So me trying to get through like a college experience, like it, it was not, it was not probably wasn't the healthiest moment in my life. But you know, it's broke, got me to hear. So I'm, I'm good with it

Warwick Schiller ([00:12:34](#)):

Was, was the college you went to, was it like a party college to where everybody had a drinking problem?

Austin Barry ([00:12:39](#)):

Yeah, I mean the, the whole like university culture in this country at this point is like absolutely bizarre. And at the time that I went, I was, I was 18 and my mom who's, you know, much smarter than I am, was like for the love of God, will you just take a gap year? Like, please, like, you're not ready. You're not gonna work out for you. And I was like, I need to go. So yeah, it was a total total party experience. And I think that there's a lot because it's part of the culture for better or for worse. It's just part of the college culture now, I guess. Lots of kids drink a alcoholically in college and aren't alcoholics and then there's other kids that whether we're wired differently or our habit forming is just that much more solidified through that time. You know, I was, I was in the latter category for sure.

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

So you got sober at 21, which means you started pretty early.

Austin Barry ([00:13:44](#)):

I did. I had a pretty fast and furious fast and furious yeah, alcohol ex journey. Right. as a young person, I'm from a big Irish Catholic family. So, you know, it's kind of, it's kind of in my DNA, like there's a lot of people that could probably check all those boxes on the re and alcoholic were not spreadsheet in my family. And, you know, again, context is a big thing. So you know, I, I was a good Irish Catholic gal, just, just doing that whole thing. I didn't grow up in a Catholic family. Like we weren't, you know, like, but that was my, my parents' generation, my mom's generation, her parents were like very much like the

good Catholic family. I mean, my mom's last name is Nick Shane. My dad's last name is Barry. My sister's first name is tyin. Like, you know, <laugh> so, you know, for better or for worse, it was probably kind of wired into my ancestral heritage. <Laugh>

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

How, how old were, when you started drinking?

Austin Barry ([00:15:04](#)):

I think when I started, I mean, I was kind of playing around like most kids do by like 14, 15, but by 16 or 17, I was using alcohol. As a, as a sedative, basically, I just had so much anxiety. I had so much well, I, I learned it was depression, but at the time I didn't have a language for it. So I just didn't understand why, why I felt the way that I felt. But between my anxiety and then what I later discovered was depression. I couldn't stop the chatter. So at night, you know, and I was a good student, like when I was studying, I was a good student and I played varsity lacrosse. I did all my homework. I went to all my classes. I went drunk sometimes, but I still went and I would just you know, get my work done at night and drink until I fell asleep because I just couldn't handle the stillness before bedtime.

Austin Barry ([00:16:06](#)):

Like I couldn't my brain couldn't weather that moment because it was too painful, too stressful, too agitating. There was too much anxiety. So I just had to kind of you know, self soothe, but I didn't have the capacity for it. And so that was my, you know, that was my, my self soothing mechanism, which I think is true for a lot of people to varying degrees. And I was very fortunate that I was not a graceful drunk. I mean, I, I thought when I was a kid you know, kids get, go to parties and they get drunk and they, oh man, I don't remember anything from last night. And I was like, sweet me either. But I was like blacking out, like time traveling. And they were just having a good old time. And I didn't understand that my experience was different than their experience until much later, not much later, but you know, later later enough that I had to do some, some make some major changes. So, so yeah, that's, that was like awesome. 2.0 high school version. <Laugh>,

Warwick Schiller ([00:17:15](#)):

You know, it's, what's interesting is, I mean, that's not an uncommon story in the slight at bit mm-hmm <affirmative> and which means that's pretty normal and I'm, I'm talking about the drink and I'm talking about the, the anxiety, the depression, and not knowing what to do with it. Mm-Hmm <affirmative> and at no point in time in school, are we taught any emotional regulation skills? Yep. Whatsoever.

Austin Barry ([00:17:43](#)):

Yep. Yeah. It's, it's fascinating. The things that kids and humans like that we, as a species actually need to learn in order to be able to handle the experience of being a human being. We, they don't teach that shit. You gotta, like, you gotta hurt. You have to seek that shit out. Like it's not offered freely to you and a system like that.

Warwick Schiller ([00:18:04](#)):

You're right. You gotta hurt. You gotta get to the point to where life as it currently is, is not cool. And you, you gotta try to find a better way, but it's not, no one brings it along to you and says, Hey, if you're feeling like, yeah, it's, it's, it's, it's crazy. Isn't it really?

Austin Barry ([00:18:20](#)):

But you know, even though people do bring it along to you, I mean, people brought it along to me. My, my mother knows the experience I had from her own experience. You know, she struggled with that as well. And she was the first one to say like, Hey, Hey, there's, <laugh>, there's other things there's other ways, but the right thing at the wrong time, the right information at the wrong time. Exactly. The thing that you need to know offered at the wrong time is not something that you're gonna be able to integrate. So there's this strange like ripening or, or like this, this, this germination that has to happen in order for something to come in and land for you. Like, like the soil has to be ripe for that. It has to be fertile for that. So you could be like me and be the luckiest damn person on the planet and have people that are like, hello, like, hello, do you want to come out now and maybe try this a different way. But until that ground is, is, is primed for that wisdom or that offering, you might as well throw it out the window.

Warwick Schiller ([00:19:29](#)):

Yeah. It's kinda like the old saying, you know, when the student is ready, the teacher will appear and you might think, well, yeah. How does, how does the teacher know when the student's ready? The teacher's there all the time, all the time, the teacher you're getting, you're getting a teacher all the time. And it's only at one only, at some point in time where you become ready to receive that message, that that message actually comes in. But yeah, it was, it was there before

Austin Barry ([00:19:52](#)):

It's always been there. Yeah. The teacher doesn't just like PO it's like, I mean, every everything in your life is a teacher and it's just a matter of, you know, are we in a position to accept and engage with the lesson? Or are we not? And if we're not, it's nothing that we need to degrade ourselves about. It's just, I mean, there's such a confluence of, of influences that occur in order to ripen us for the teacher, whatever the teacher is, whether it's a horse, whether it's a yoga practice, whether it's a job, it doesn't, it's, it's everywhere.

Warwick Schiller ([00:20:30](#)):

Yeah. And I, yeah. And I, and I think, you know, everybody comes to that to that place where you're ready to hear stuff at, at different times, you know, I, I was 50 before <laugh>, you know, I'm, I'm better on the, and, but the thing about you is like you were saying, your mom was saying things, but you know, when you're a teenager, at least most teenagers, when you're a teenager, your parents dunno what the hell they're talking about. They're stupid all of a sudden. And so, you know, you're not, you're not ready to hear that message from that particular person, no matter how helpful they are.

Austin Barry ([00:21:06](#)):

Mm-Hmm <affirmative>. Yeah. I mean, there's a certain there's a kind of reciprocity that's necessary in order for you to hear something challenging something that's going to invite you to up your game a little bit, or change something fundamental about who you are in order for you to hear that and receive that and utilize it, there has to be a kind of reciprocity present that isn't always there between parents and their teenagers <laugh>.

Warwick Schiller ([00:21:44](#)):

Yeah. Most certainly. You, you said you got sober at 21, did you, was it, you were just sick of feeling like that or was there like one big catalyst where like, oh, I gotta change this or I'm not gonna leave along.

Austin Barry ([00:22:00](#)):

It would be more exciting if there was a big catalyst. I do have some, I have friends who knew me from the start and I've had a couple of them say to me, one in particular, she'll still reach out to me on my sober anniversary, which frankly, I don't know if it's actually my sober bursary because I was so <laugh>. I was so out of it when I got sober, by the time I realized like, okay, wait, what day? Like when did this start? Like my, I, I, but anyway, point being she's really sweet. And she sometimes reaches out to me and she's like, Hey, congrats on this birthday. I know that you're alive now because you made this change. And there wasn't a big thing that happened. It was more that, like, I couldn't bear the weight of my own unhappiness. And the only thing that folks would, would offer therapists, whatever were, were medications.

Austin Barry ([00:22:48](#)):

They were like, okay, well you can take medication for this. And then there was something inside me that felt like, okay, I know that I'm, I'm not dumb. I know that alcohol is a depressant. And I know that it ups my anxiety level, not in the moment, but subsequently it, it deepens the, the cavern for anxiety to just like pile up. So until I'm willing to shift something within my own lifestyle practices, I don't think there's any point in me trying to add a medication into a system. Like I need to try this first. So it wasn't that there was a big incident. It was more just that I was like egregiously unhappy. And I, it was like, well, what can, what can't I try? I, I run, I do yoga. I, you know, eat healthy food, but I'm miserable. And it's like, well, you could try not drinking every day. <Laugh> and see how that goes for a minute. And you know, that was what I tried.

Warwick Schiller ([00:23:52](#)):

So it wasn't, it wasn't like you, it wasn't like you quitting drinking was the first thing. Like, you sound like you were, you know, it sounded like you'd been to therapist and you were, you were, you know, you changed your diet and you were exercising and you're doing yoga. I mean, it wasn't like you were just drinking and then decided not to drink. I mean, it sounds like you were doing some work and

Austin Barry ([00:24:16](#)):

You were, I was doing some, I was doing some, but that's kind of like saying I'm gonna plant these seeds in Bearen fucking ground. You know what I mean? Like, like back to the same metaphor, if the ground isn't available to grow anything, there is no freaking point in planting the seeds. And it's not that they were useless because they, they drew my attention in a way. And they gave me a little taste of something. Like the one time I was sober for like three weeks, it was at a yoga retreat. And the only thing, like I brought to the yoga retreat, I brought a carton of Marva reds and like yoga pants. Like I'd never been to a yoga retreat before. And I like show up in my garden of cowboy cigarettes and like, you know, oh, well, here we go. And it was like my first taste of, of sobriety.

Austin Barry ([00:25:08](#)):

So it's not like those seeds were fully useless. It's just that there was no hope for any of them to grow until, until I chose to wake up a little bit and the bad news for, I know this is a very common story and it felt like bad news to me when I figured it out a couple years into my sobriety where one really could not find any qualms with my lifestyle. I realized that that getting sober wasn't solving any problems. It was



just the equivalent of getting out of bed in the morning so that I could start the day and figure out what I had to do. And that was a little bit of a, like a, a hit to realize, oh, I don't just fix everything by changing this one thing in my life. It was like, that was the equivalent of like pulling the covers off of your head in the morning. And it's like, it might be a vast effort to get out of bed in the morning, but it's just the first damn step, you know? So,

Warwick Schiller ([00:26:07](#)):

So, you know, when you smoke and people are always trying to BU a smoke off you

Austin Barry ([00:26:11](#)):

<Laugh> yeah.

Warwick Schiller ([00:26:12](#)):

I bet that didn't happen at the ye retreat. I bet you kept all of your marble reds.

Austin Barry ([00:26:18](#)):

I kept every single one of that entire carton of marble reds. And there was one guy this dude who cuz I just, I was like, so not drinking the Koolaid. I was like chewing gum and yoga class thinking like, who are these idiots who think they know shit about shit? Like I don't even can't even with these people. And there's this one guy, he was doing a, a workshop. It was like a drum name, workshop or something. And I was out at the cuz they have a smoking tree on the property. They probably don't anymore, but they did back then. And one day there was one guy who came out and he was, I think he was smoking a split though. He wasn't smoking a cigarette. He was bringing his own material to the smoking treat. But that was the only the only smoking buddy I had at the yogurt.

Warwick Schiller ([00:27:09](#)):

Well, I, I could, I could see that happening at, at a, I can see that happening at a yogurt treat that wouldn't be outta the ordinary, but the whole car of Marra reds

Austin Barry ([00:27:20](#)):

Stashed in my little cubby in my, in my shared dormitory. <Laugh>

Warwick Schiller ([00:27:24](#)):

So let me ask you this. So you're at a three week yoga retreat, but you're kind of rejecting everything they're saying like these guys are a bunch of wackos. What are you doing at a three week yoga retreat? If you, if you think these guys are a bunch of tree hugging white jobs,

Austin Barry ([00:27:41](#)):

To be honest. I was 18. I had just gotten essentially kicked outta college for maybe like the second time. I don't know. I wasn't allowed to go back to college. I had to like write a couple persuasive emails or something about why they should actually accept me back. Cause I'm not a total waste of space on my campus. And so I had ended up back home at my mom's house and she had had this trip to Kenya planned with her dearest oldest friend in life, this amazing safari Kenya. And she was like, look awesome. Like I can't leave you here in this house. Like in the state that you're in, I need I'm going on my trip. You're 18 years old. I can't make you do anything. I'm going on my trip. But like for the love of



God, I'm not, I'm going to be worried if you're just in this house doing, God knows what, so you need to find some place to go. You need to do something. So I and I think she prob I mean, she probably planted the like yoga retreat seed and I was like, well, sounds better than like <laugh> the military or wherever. Most parents probably would've told her cuz they should probably go at that point <laugh> so that it was just a it was like a, it was like, baby, it was like, it was like babysitting. I was being babysat by the yield retreat.

Warwick Schiller ([00:29:05](#)):

Yeah. So by the, did anything change within you in that, in that time there? Like do

Austin Barry ([00:29:14](#)):

I think some seeds were planted there? I think that I did a lot of writing. I did very, I did almost no speaking. Cause I didn't know anybody and I didn't really care to know anybody. And I was there by myself and I was probably definitely the youngest person there and I was there for a long time. Well, relative to most people. And I did a ton of writing. I did a ton of reading. I did a Tom yoga. I you know, was outside walking every day. I wasn't drinking. So

Austin Barry ([00:29:54](#)):

I, it was like it was like the window got cracked open or maybe the window didn't get cracked. But like the, the, the blinds were like subtly pulled apart where I realized this experience of embodiment would be a much more palatable baseline compared to what I was used to because I was drinking so much. I felt like shit all the time. It was always anxious. I was losing, I was always unhappy. I was always hungover. And I got a little and when you're young, you, you you're supple, right? It's like it doesn't take you a month of sobriety to start to feel good. It takes you a week or two. And then you're like, wow, I kind of feel like a different person. That's like, you know, the blessing and the curse of youth. Right. You can kind of like roll through these things pretty quickly. So seeds were planted. They didn't grow for a few years, but, but they were definitely planted.

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

So it was your drink of choice,

Austin Barry ([00:31:01](#)):

Anything 80 proof or plus

Warwick Schiller ([00:31:03](#)):

<Laugh>. Okay. So

Austin Barry ([00:31:05](#)):

The plus I wasn't, I wasn't a beer girl or a wine drinker. <Laugh> 80 proof for plus

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

Yeah. You were drinking to get hammered.

Austin Barry ([00:31:14](#)):

Yeah. Oh for sure. I, I I wasn't drinking to be social. I actually wasn't really that social I could be, but it wasn't that necessary. I didn't need people around me to be drinking, but it's funny to talk about this now. Cause I'm 35 now and I got sober at 21 and I kind of feel like I'm talking about a person that I don't know that well, like a person that I knew that, you know, it's like, as I'm, as I'm sharing this with you, I'm kind of in my head, like, did that really happen? Were you really like that? Is that really how it went down? And I think that's kind of lucky <laugh>

Warwick Schiller ([00:31:56](#)):

Yeah. You know, to me, just listen to your story. You know, I grew up in Australia in, in small country towns and everybody drinks, you know, it's it's and, but everybody drinks, but nobody has a clue why they're drinking, you know, it's, it's just, it's just cultural, but it sounds like you were at least aware, you know, I think when you're in high school, if I get the story right. You know, you'd been to some therapists, you'd try some different medications. I mean, you obviously understand that you have some dis ease that you'd like to change. Whereas I, while you've been talking, I've been thinking, I'm like, you know, I drank from, you know, 17 to 50 not, not alcoholic drinking, but you know, three or four beers a day, five or six days a week, which is perfectly, pretty much normal road come from sort of thing.

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

Mm-Hmm <affirmative> and it wasn't until, you know, like five years ago that I even started to discover what, what the drinking was covering up. You know what I mean? Like, like at least you sound like you had an idea. I it's just, I'm just going back to like people I grew up with and people I knew and I I'm thinking, yeah, they all, they all drink, but they don't even know they're drinking for a reason. They don't, they don't realize they're numbing something mm-hmm <affirmative> or at least on a conscious level. I don't think they realize they're numbing something and if they are, they definitely didn't talk about it. So, yeah.

Austin Barry ([00:33:43](#)):

Yeah. I mean, I think that it's I think, I think that it's,

Austin Barry ([00:33:48](#)):

I'm gonna use this word. Trepid I think that it's healthy to want to protect parts of your safety from all of the stuff that goes on and generationally it's just growing exponentially. I mean, with all we were talking before we started reporting about tech, right. I think that, again, I use this trepid I think that it's, it's a healthy inclination to want to protect yourself a little bit because we're all kind of marsupial at heart, right? Like, like the marsupial complex where those little marsupials, when they're born their skin, can't be in the damn sun. They have to live in a pouch because they're, they're too delicate. They're not ready for the world. And I think that as a species we've kind of been stripped of a lot of the fundamental needs that we have and, and connection is one of them. We've been stripped of those needs and we've been offered shitty cardboard replacements. And I think it's a natural and dare I say, healthy inclination to want to shield yourself from that. And unfortunately it can become a, a big problem for some people.

Warwick Schiller ([00:35:09](#)):

Yeah. That's a great way of looking at it. And it's kind of the same thing with you know, on the, one of the podcasts I did was with a friend of ours named Jane pike. And, and I, you know, I've known for quite a while that I've had a level of shutdown. And what Jane got me to realize is when I, when you know, the reason I got that shut down, it's it was a protective mechanism I needed at the time and I'd always

judged it kind of poorly once I understood that I had it, I kind of judged it poorly because of the things that's made me be mm-hmm <affirmative> or caused me to be. And Jane kind of flipped that switch and said, at the time it was your best friend, it was there for reason. And so, okay. Let's say that half the problems in my life are having shut down. And the other half of my problems in my life are being pissed off about the fact I'm having shut down. <Laugh> at least half my problems have gone away because I don't have to, I don't have to have negative a negative attitude towards the fact that it's there. Mm-Hmm

Austin Barry ([00:36:13](#)):

<Affirmative>,

Warwick Schiller ([00:36:14](#)):

You know what I mean?

Austin Barry ([00:36:15](#)):

Oh, totally. And, and then it magnifies, right? Because you have the attitude and then it magnifies the issue. It's kind of like, you know, we're gonna use a, an equine analogy. It's like, if you're trying to walk straight versus weaving off to the side and you go get back over here, right. In your mind, you might just gently pick up on a reign and say, Hey, let's turn this way. But if in your mind, you say, no, get back over here. That's a different experience for you both than to in your mind say, how do we try this way? It, it changes the dynamic. And when we're talking about ourselves, like we're changing the dynamic with ourselves when we start to address that that like deep shame that we feel for whatever this pattern that, that we, that saved our lives, probably that like preserved our, our psyche as best as it was able at the time.

Warwick Schiller ([00:37:16](#)):

Yeah. It's, it's, you know, I'm a big fan of Brene brown and she talks a lot about shame, but you know, the, the you've got you, you've got some stuff that's happened. And then you've got the shame about the stuff that's happened. Mm-Hmm <affirmative> but the shame is that the shame is, if you can let that go, Hey, then you've only gotta deal with, with one thing, not two thing, you know? It's yeah. It's it's

Austin Barry ([00:37:41](#)):

Well, there's a thing. The thing you can influence and the thing you can can't that you can't influence. Right? You can influence the, the experience that you're having right now, which is shame for whatever it is, fill in the blank. Right. But you, you can't influence what happened before it's already done. The only thing you have influence over, or that any of us have influenced over is, is how we're relating to it presently. And, you know, that's where our little like our, our ACE is right. We've got like the little ACE up our sleeves. We just still know that it's there. And it's like, wait, the, the influence I have is right here. And every time we get tangled up in the web of, oh man, I was such a shit bag back then it doesn't actually help Lou shut you mouth that's enough,

Warwick Schiller ([00:38:27](#)):

You know? Yeah. That's, that's, that's the really, you know, the first really cool thing I learned from reading Brene brown stuff is like, you know, the difference between guilt and shame and guilt is a focus on behavior. And shame is a focus on self. So, you know, shame is I'm so stupid. Whereas guilt is, I did

something stupid, which means that was so dumb, which means I could do it differently next time. But if you say I'm so stupid, you, you know, that, that seeps that soaks into your subconscious and you do that enough for enough years. It takes some getting out of there.

Austin Barry ([00:39:02](#)):

Yeah. It you know, we, we dig tracks with our thoughts and our stories and it's like, I, I picture like a, like a dirt bike track or something. And it's like, each time you take that dirt bike around the track, you dig it in a little deeper, a little deeper, a little deeper, a little deeper. And then pretty soon, all you can see around you is the fricking canyon that you just dug with your shitty story that you made up about something that you actually didn't really have any control over when you were that small and you're, you were instinctually protecting yourself. And then you're looking around and all you see is a candy wall. And there's a goddamn Vista, like right above you, but you can't see it cause you dug this track and then every time you return to that story, you dig it out again. It's hard,

Warwick Schiller ([00:39:51](#)):

You know, it's funny you use that analogy cuz I was just, I was on the track this afternoon doing some stuff and I've listening to an audio book called mind hacking and it's probably my third, listen to it. It's such a good book, but he was talking about these mental loops that you have. And he was talking about some college back east that has a really good sledding hill. Hillary Clinton went to this college I think, but he said it's, it's like an 85 degree hill. He said, it's crazy. <Laugh> and he said, when you first go out there and it's all fresh snow, you choose your own track, but enough people go down that thing, you end up creating these groove and you were still committ. It's exactly the same thing saying that you mentally create these grooves that you get stuck in, that you, you couldn't get outta me if you wanted to mm-hmm

Austin Barry ([00:40:40](#)):

<Affirmative> and that's when, you know, I mean, I guess some people would just call it brace, like something gets through and invites you to shift the course or shifts the course for you in a way that maybe you're not actually that responsible for. And I know, you know, people get a little weird about terms that could be Dean's dogmatic. But I think those moments where we've dug out the damn tracks so deep that's when like grace becomes apparent

Warwick Schiller ([00:41:13](#)):

<Laugh> yeah, I think so. I had some pretty deep tracks and then I had some, some of things happen that I don't know first, I, I guess first you gotta understand that you're in the track in the first place mm-hmm <affirmative> and then you have, yeah, I was lucky enough to have some things happen that helped me get outta the track. But so let's talk about, let's talk about your yoga, cuz I, I, I get the feeling you are not just mountain pose. <Laugh> downward dog three legged, dog. Happy baby. I mean, I think I'm getting the idea that there's a whole lot more to <affirmative> yoga with Austin Barry then yoga.

Austin Barry ([00:42:00](#)):

Hmm. Where to begin? Well let's see. Well, let's, we'll talk about yesterday, 4th of July independent stuff. And I find it hard to remove our yoga practice from whatever it is that's happening in the, in the, in the landscape. Right. it seems kind of it seems like a disservice to just kind of take the yoga practice and put it in the yoga room. Andwell your mat and pretend that nothing else is happening in the world and just do the damn poses. I'm not saying there's not a place for that. Cuz sometimes like we just need to

protect, get into the zone, do the thing, get through this, whatever it is, that's happening in our lives. But for instance, yesterday Santa Fe's done really a pretty like liberal, progressive, like they're both progressive community. And there can be a fair amount of like preciousness <laugh> in, in the community.

Austin Barry ([00:42:59](#)):

But people have really mixed feelings at this juncture on celebration of the 4th of July. Some people see an American flag right now and they get like a, you know, tearful pride in their eyes and some people see one and they're like, what the hell is going on here? Like, like they're it can be triggering for some people. So in a nutshell yesterday in class, we were talking about how the practice of yoga is essentially it's a technology that we use to free ourselves from the tyranny of an untethered mind. That is a significant part of what the yoga practice is for. It's a technology that we use to free ourselves from the tyranny of the untethered mind will take us into those tracks and dig out this false reality that then we become victim to, because we don't realize that we have any influence over the track and the yoga.

Austin Barry ([00:44:00](#)):

The poses are like one tiny, teeny, tiny, teeny, teeny little part of the practice. And there're really just an opportunity to examine how we relate to a moment in our lives because you know, the quote I think it's something like the way, the way you do one thing is the way you do all things, right. Or the way you do one thing is that you do most things maybe. So when we climb into these yoga poses, right, it's an opportunity to watch the thought train. It's an opportunity to make visible our habitual lines of communication within ourselves. Like the ones that we don't even notice are happening. Like if we're in a pose and like, oh that my hamstrings were just a little more flexible, I'd be a better Yogi as if that has anything to do with it at all.

Austin Barry ([00:44:58](#)):

But the point is you can start to kind of see patterns in yourself and you show up to these poses over and over again. And then you start to notice, Hmm <laugh> this shirt is a little bit repetitive <laugh> once you realize, like you said, we don't only see that we're carving out the track. We don't know it when we're doing it. And the poses are just an opportunity to make the track a little more visible so that it can be something that we are able to influence maybe one day. And it's a, and it's a, I mean, again, it's like, it's more than you could really talk about in a podcast, but it's a, it's a way to connect back to center and to move from that place of center with a bit more consistency in our lives. Because when we're centered and when we feel connected we act better. We do better when we feel centered and connected in our beings and the yoga is a way that we can come back to that place and then use it out in the world. It's not really about the folks.

Warwick Schiller ([00:46:13](#)):

Yeah. Like what you said about when we are centered and connected, we are, we are better people.

Austin Barry ([00:46:22](#)):

We're not as reactive. Right. Cause we don't have to be so self protective. Like I think about the yoga yoga, just the word yoga, and you might know this, it just means to yolk, to yolk together. Not actually, it doesn't mean it has nothing to do with postures. You know, the, the word yoga just means to yolk. Like yaking two cows and the yolk to pull a flag back in the day. And you know, if you want to go down the yoga rabbit hole, you know, you're, yaking your individual consciousness back to the collective one.

You're, yaking your separate self back to the unified field. And again, you can get as, as you can go down as far as you want to go with that road, but you don't have to buy any of it to benefit from the practice. I know because I didn't buy any of it. And I still benefited from the practice for a lot of years smoking my Mar bro reds at the smoking tree. <Laugh>

Warwick Schiller ([00:47:20](#)):

So in Santa Fe now, do you, do you do like one on one yoga with people? Do you do yoga classes?

Austin Barry ([00:47:29](#)):

You know what, it's kind of a strange time to ask that question because the whole pandemic landscape like really changed things up a lot. So I teach public classes for like a year and a half. I was just teaching them on zoom, which is like really not my thing. I wasn't, I wasn't doing much. So true. Yeah. So I teach public classes. I do teach private classes. Sometimes, you know, people just visiting through town, they just want to take a yoga class with their family or, or a bachelorette party coming through town. They wanna do a yoga class. So there's all different kinds of context for it. My favorites are sorry, favorites. I shouldn't say, but I prefer to teach the group in person classes. And

Austin Barry ([00:48:13](#)):

And I, I think you're right generally, like when I teach a class it's, the poses are the least of it. We're using the poses to access other things. And so the people, so, and some people like aren't about it, they just wanna come and they wanna do their warrior one and their warrior two and their 50 chats and call it a day. And I respect that because I I've, I've been that as well. And so the people that keep coming back to my classes tend to tend to feel keen on the other aspects of the practice that, you know, don't always get touched on in the sort of cultural, yoga paradigm of today in the Western world.

Warwick Schiller ([00:48:56](#)):

So in your classes, do you, do you touch on those things? Like how, how <affirmative>, how, how deep do you get like, are you, are you, are you doing things and it's up to the person to come to those conclusions or are you asking some open-end questions and bringing things up?

Austin Barry ([00:49:16](#)):

You know, I think that where, and again, I, I say this talk expeditiously because it's very easy to misunderstand. I think that we are all responsible for our own experiences and some of the things that occur in our lives, we don't have access to influence over those things. So we might just feel like stuff is happening to us because we haven't quite unlocked, whatever it is that is preventing us from taking more responsibility over our own experience. That's not the same as saying we are responsible for what happens to us because we're not. But what happens to us in our experience are two different things, right? That they they're related, but they're not exactly the same thing. So I would say that it's a little bit of both, you know, when I structure a class, I try to offer something other than just the alignment and the poses.

Austin Barry ([00:50:11](#)):

And I fucking love the poses and I love talking about alignment and I am tedious. I call myself tedious and like my students call me tedious because I'll get really into like the, the alignment principles of the posture. I'm totally into that, but it's not most important thing to me. And it's not the most interesting

thing to me anymore. So yes, there are offerings, questions, insights, little tidbits of just yoga philosophy that I'll integrate into classes and what people take or don't take is up to them. And I don't mean that in a judgemental way. I just mean it's up to like where you're at. And on that given day, it's like we don't arrive the same way every day. Some days we're a little off, some days we feel a little heavy, some days we're just like so stoked to be alive and be on our yoga mats. But you know, we come in as we come in on any given day and I'd say, it's both,

Warwick Schiller ([00:51:17](#)):

You know, you're talking about the tedious, talking about the what were you talking about? The alignment stuff. Mm-Hmm,

Austin Barry ([00:51:22](#)):

<Affirmative> just, yeah.

Warwick Schiller ([00:51:24](#)):

You know, I've only ever done yoga at home, like off a DV. I used to do it off a DVD years ago or off of, you know, YouTube, whatever. And I, you know, I really get the most benefit out of it. And I don't mean yoga geek benefit out of it when they are, you know, very particular about, you know, so right now think about pushing into the outer edge of your, you know, your little toe, because it gets me outta my head. You know, you can, you can do the pose and being ahead, unless you're particular about the pose. And, and, and it's almost like just a constant body scan, you know, am I spreading my fingers are my hip line, is my knee over my ankle. Am I pushing into the, you know, turning the, you know, the inner thigh out, you know, I, and I, I'm a very, very, very, very, very beginning at, at yoga, but that's the thing I like about it is if you can, if you can stay aware of all that stuff, it's just, you know, 45 minutes of not being in your head,

Austin Barry ([00:52:37](#)):

You know, it's like you say, you're beginner at yoga, but it's like, you know, you ride horses, it's the same thing, you know, right down to the like inner or outer spiral of your femur, or where is the weight in your foot, or how is your skull place over the rest of your spine? Is there an arc in your spine that you're not aware of? You know, it's like, it's like that sense of, of you know, it's, it's, it's not about mastering the pose. It's about cultivating a, a greater sense of self mastering and having the capacity to tune your attention to something other than your own thoughts. <Laugh>, that's the gift of yoga. It's a way that we tune our attention and tune the instrument of our awareness back to other than our own thoughts. And you talk about it with the focus work that you're doing with the horses.

Austin Barry ([00:53:32](#)):

And you know, anyone who has a brain knows how important that's why we drink, because we need to tune our awareness, tune our attention to something other than our own thoughts and drinking is a great way to do that. It's very effective <laugh>, but you know what horses are very effective. Yoga is very effective. Meditation is very effective. Walking. Your dogs is very effective. There are ways in which we tune ourselves to something other than our thought. And it's a kind of it's a kind of self remembering that comes from self forgetting. You know, it's like, like you forget a part of yourself, and then you remember something of much greater consequence and it's somatic, it's not intellectual. It's not like you're calculating all this. It's a somatic experience, right?



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

Yeah. That's the thing. It gets you outta your head and into your, into your body, you know, like a body scan or any, anything like that.

Austin Barry ([00:54:35](#)):

Yeah, for sure.

Warwick Schiller ([00:54:37](#)):

So can you, can you tell me a bit more about, I, I know your, your yoga classes are, you know, everyone's totally different, but a bit more about some of the, the deeper stuff that you might go into with people

Austin Barry ([00:54:50](#)):

<Laugh> you know, it it's, it depends vastly, it varies vastly depending on the day you know, the way not to get too political about it, but, you know, the way I taught class the day of that most recent school shooting here in the United States done in Texas the kind of the way we have to hold that space and dive into that space in a moment like that is different than the way we have to hold that space and dive into that space in a day like today, when we've had weeks of rain in Santa Fe and, you know, it's like life is happening in a beautiful way and we're not being assaulted with horrible, egregious painful information. So I don't really know how to answer that question because, because it's diverse. I try to yolk some of the principles into the practice. For example there are, you know, a set of principles that essentially, they're kind of like I don't wanna say commandments, but there are kind of codes of conduct ways to ways to live well in your body as a human. And we have a principal in yoga called tapas, P a P a S. And

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

They, I thought there were small amounts of food on a plate.

Austin Barry ([00:56:24](#)):

Yes, there's those two, we have a great top bus restaurant restaurant right around the corner from my house actually. Oh, so good UR. But these top us are they sometimes translate to the transformative fire, right? The heat and the friction and the flame of transformation. Right. We all know like the story of the Phoenix, right. Rising from the ashes. Well, what did the Phoenix have to do before it rose from the ashes we had to burn? <Laugh> right. So in yoga, we have this principle called tops and it's it addresses that the friction of transformation and those of us who have had to change something to transform something within us. We know the friction of that experience of growing out of an old way and into a new way. And the moment in the middle where it's kind of like being riddled with sandpaper or lid on fire a little bit, and on the yoga mat, that gets talked about a lot, because especially as a culture, we think about yoga as an exercise class, right?

Austin Barry ([00:57:32](#)):

So a fitness class, I'm gonna get fitter, I'm gonna get more flexible. I'm gonna sweat, whatever it is. That's a part of the yoga paradigm in our culture. So we think tap us and we think get sweaty and break through our physical limitations and yada yada yada, well, from a yoga standpoint, the principle that comes prior to tap us is sun Posha, which generally translates to a contentment. So from a yoga standpoint, the, the transformative capacity is planted in the soil of contentment. So as a culture, we

tend to think contentment comes after the transformation. If I transform myself enough, I will be able to be content with whatever it is that's going on in myself, in my life with my kid, my partner, my horse in my job. But if I transform enough, I will be able to be content from the YOIC standpoint, it's the opposite. And that transformation can only happen if it's rooted in that soil of contentment. So there are little kind of opportunities to shift our own sort of like linear paradigm about how things should be through a yoga practice. And, you know, I'll try to kind of weave that in here and there more than here and there <laugh>, but it would, yeah. So there, there's just one little example of kind of how we can use the poses and the physical movement of the practice to invite another layer of transformation,

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

You know, in there you said something about you know, what people perceive of yoga as being mm-hmm <affirmative> and, you know, I always send out 20 questions that I borrowed mostly from Tim Ferris's tribe of mentors book for my guests to choose some. And for me to bring up on the podcast. And one of the questions that you chose I think is relevant to this, and he said, what is one common myth about your profession or field that you'd like to debunk?

Austin Barry ([00:59:41](#)):

Yeah. But you have to be flexible to do yoga. <Laugh> you saying I'm not flexible enough to do yoga is like saying I'm, I'm too dirty to take a shower or I'm too outta shape to go to the gym. It's like, in your mind, when you say it for a second, it makes sense, but it actually makes no sense at all. Because a, it's not about how flexible you are or aren't, it's about it's about self mastery. And if your focus initially is I wanna be more flexible. I want to have a sense of mastery over my body in a certain way. That's, that's great. That's one place to practice. Right. but that would be something that I hear a lot. People are like, oh, I need to do more yoga, but I'm just, I'm not flexible enough. I know it sounds kind of trite, but it's, it just goes to show how narrow our idea of like what a yoga practice is, is in this, in this culture.

Warwick Schiller ([01:00:51](#)):

Yeah. It's I, I, I, I, yoga is it's like, I think it's like everything else, cuz everything's the same, right? Doesn't matter if it's yoga or horses or martial arts or whatever, you initially get into it, into it for a reason mm-hmm <affirmative> and if you stay in it long enough, that reason will change. Yeah. And it becomes a discipline. Then, then, then it becomes about self mastery. It becomes it it's it's not about, can I get the damn horse to do what I want it to do? Or, or, you know, like people might take up martial arts in case I get mugged in a parking lot or something or other people go, oh, I wanna take up yoga. So I'm more flexible. But if they stay there long enough, it transcends that into something totally different.

Austin Barry ([01:01:41](#)):

And that's where the, the top us or the discipline to show up no matter what becomes of highest importance. Because like again, any long term practice, it will change you, it be sobriety, it could be yoga, it could be marriage, it could be horsemanship. It it, but you have to show up and you have to keep showing up and you have to know that the reason that brought you probably isn't gonna be the reason that keeps you. But the reason that brought you is still something about you. It's still something to acknowledge, to be grateful for even, you know, to cycle back to what we were talking about about you know, the self protective mechanisms that we take on as, as young children, right. To preserve ourselves in a world that we don't have any control over at all. That mechanism may cause us a lot of trouble down the line, but it's still something that we have to think because it's the thing that brought us

to the place where we realized, okay, wait, I need to wake up a little bit. There's another way to be here. And it can change our relationship to everything. Really.

Warwick Schiller ([01:03:02](#)):

Yeah. Have you ever heard of a guy named Peter CRO?

Austin Barry ([01:03:05](#)):

No,

Warwick Schiller ([01:03:06](#)):

He is a lives in LA and he's a he's been called the mind architect, but he, he basically says everything has worked out exactly the way it's supposed to. You know, like everything that led you to this point in time was perfect. That's why you're here at this point. Yeah. It's interesting when you start looking at, at everything differently and, and I think, you know, for me I've lived long enough now to where I look back and everything bad that ever happened was the beginning of something really good. And it's happened enough to where if something bad happens, I'm like, bring it, bring it on, bring

Austin Barry ([01:03:52](#)):

It on. Let's bring it on.

Warwick Schiller ([01:03:54](#)):

Let's let's let's let's not wish it didn't happen. Let's embrace it and move forward from there. And it's but I think you've gotta have a number of those before you can look back and kind of go, oh, when that happened, that was bad. I thought that, and then that happened. That was bad. I thought, but that turned into that, you know? Yeah. I think you've gotta have a few of those, which is why I was so surprised you becoming sober at 21. When I was 21, I was an idiot. I wasn't looking at changing anything.

Austin Barry ([01:04:19](#)):

I was an idiot too. I just was a drunk idiot. <Laugh>

Warwick Schiller ([01:04:22](#)):

Oh, no. But you were self aware enough to know that you wanted to change things. I mean, like I said, me at 21 and anybody I knew at 21, that was the last thing on anybody's mind. So

Austin Barry ([01:04:34](#)):

No, you know what though? I've had people try to offer me some kind of undeserved credit for like, oh, well you started this at 21. Good for you. You know, you must have been so whatever must have been. So self-aware said no, not at all. The way I attribute that journey is like I think of it like like animals when they migrate, right? Like those Deel cranes that have to migrate over the Himalaya mountains, Himalaya mountains. It's like, there is something that stirs within them and it says, alright team, it's time to go. We're going over the peaks. And some of y'all aren't gonna make it, but not relevant because it's time to go. And here we go and you gotta flat like, hell and we're, we're not gonna guarantee that you're going to get to the other side, but we will guarantee that if you don't go, you will die.

Austin Barry ([01:05:33](#)):

And you can say, if you can use that, literally metaphorically, whatever. But that's kind of how I attribute pretty much every formative journey in my life. And I realize that all of the journeys are formative, yada, yada, but you know, there are some that stick out more than others. So variety is one becoming a parent is one there's there's things that kind of stick out. But I would say that pretty much every formative journey that I've been on has been more akin to a flock of cranes being called into migration than it is any kind of credit that I could be able to take. Because because I know better <laugh> than to take credit for that.

Warwick Schiller ([01:06:15](#)):

But, but isn't that cooler like, think about, oh, you know, it doesn't matter what you look at in nature. Those cranes like over here we're not very far from Santa Cruz and there are Monarch butterflies that fly from there and then they fly. And so they migrate every year and they fly to, I'm not sure where the first place they go to. I think it could be up in the Sierras and then they give birth and then they die. Mm-Hmm <affirmative> and the new ones are born knowing that they are flying to the, and I think that's three days it takes them or three trips. They fly to the next place. Then they give birth and then they die. And then the next ones fly to somewhere in Colorado. I believe it is <laugh> then they give birth and they die. And those next ones that are born fly back to Santa Cruz.

Austin Barry ([01:07:08](#)):

Like, and how, and how do you explain that? <Laugh>

Warwick Schiller ([01:07:12](#)):

I mean, I it's amazing. I love, I love anything to do with nature like that. Like a number of years ago, I was in Kenya. We were talking about your mom going to Kenya. It was in Kenya. And I was staying at this lady's place. And there was a lady with us who had been a safari guide in Kenya for seven years or something. Anyway, we walk along, we come across these giraffes and they're eating, they walk up and they start eating this Acacia tree, you know, the flat top trees like you see in the lion king. And she said, so if you watch these giraffes, they're only gonna eat that tree for a certain amount of time before they move on. And I said, why is that? Are they, you know, they're trying to conserve the earth, you know, <laugh> and she said, she said, no, the trees can sense they're being eaten. And so they, they send out this toxic tasting substance into their leaves. And by the, you know, it takes a certain amount of time for it to get there. And then the, the, the giraffe will leave. But when they leave that tree, they will walk past, they'll leave that tree, they'll walk past two other trees, and then they'll go to the fourth Acacia tree. And I said, why is that? She said, because that first tree can talk two trees away. Oh,

Austin Barry ([01:08:19](#)):

Shut

Warwick Schiller ([01:08:19](#)):

Up and tells those trees that there's a giraffe in the area, eating your leaves. And so they make their leaves taste nasty. And the giraffes know from experience, if I'm eating this tree and it starts to taste like shit, the next two tastes like shit. So anyway, so we are watching and all of a sudden these drives are done and they walk past two perfectly good occasion trees wow. To the fourth one and start munch night and stuff like that just makes this just makes me feel like we don't know anything.

Austin Barry ([01:08:48](#)):

You, you know what, it's remarkable. I I love, like, I love that. I love that so much. I can't even explain how much I love that. And it it's, it's so funny to watch cycles in nature and, and technology and intelligence in nature because it's so mysterious and then so specific at the same time. And it's funny because, you know, I, I see this in equine culture a little bit. And as a culture overall, we have this notion of, of, of our progress metric is linear. And it's always blooming. It's always gotta be going up and it's always gotta be at this arc. And it has to be at this pace. And if we look in nature, there is, I mean, someone can correct me if I'm wrong, but nothing blooms all the time. Nothing is always expanding out, even universes. They expand out until they get to the end and then they contract back into the middle. So this notion of the progress metric and I, and I've struggled with that in the worst world, a lot, my whole life, this idea of like linear progress. It doesn't work like that. And all we gotta do is kind of open our eyes and look out the front door and see that that's not how systems work and it's kind of like, oh, thank God. <Laugh>.

Warwick Schiller ([01:10:16](#)):

Yeah. And I think, you know, like any, any practice that becomes a discipline you know, it's horses or martial arts or yoga or whatever you start to get, I think you start to get more in, in touch with, with you who you really are. And then you start to remember, and I think you, you know, you said before that about yaking, you know, yoga being yaking and you said, you know, you, you, one of the things you could say is you, yaking your individual consciousness to the collective consciousness. And I think, I think the thing that we've lost is that ability to tap into that collective consciousness. And I think things like yoga or anything that gets you back in touch with you helps you tap into that collective consciousness

Austin Barry ([01:11:05](#)):

And it helps you serve others better. Because once it's not all about you, you're kind of free to just be present with transpiring and to support it as best as you're able. It's funny. I might butcher this because I haven't read it in a long time, but I, I read this essay years ago and it was about these monkeys. What were they called? Kinda monkey. It was basically this, this, it was a articulation of the union union theory of the collective and conscious in the, the Marine belts as they call it. And they're talking about these monkeys God and these species, and they took my time. But anyway, there's this community of monkeys, Mai monkeys, it's community of monkeys. And they develop a liking for sweet potato, but they don't like the dirt on the outside of the sweet potatoes. So they have to kind of like, you know, eat it.

Austin Barry ([01:11:59](#)):

And they don't really like the dirt, blah, blah, blah, blah, blah. And then one monkey young monkey figures out that she can wash the sweet potatoes in the river, get off the dirt. Have you heard this before? Get off the dirt. So then she gets the sweet potato. But she doesn't have to have her mouth full the dirt. And as a primate, now they're social mammals and she's sharing this with her other little PRI ate community. And some of them take this on as a practice and some of them don't, but either way, each one that takes it on as a practice, the washing of the sweet potatoes the, the web of sweet potato washing monkeys starts to expand. And whoever the scientists were observing, this were like, wow, look at this. Isn't this amazing. These monkeys are teaching each other how to wash the sweet potatoes and it's growing exponentially.

Austin Barry ([01:12:50](#)):

But the thing that was really cool about it was that there was a community of you. I think they're McKay monkeys, the community of Mackay monkeys on another continent. And one day the monkeys on the other continent started to wash the sweet potatoes and they didn't expect it to happen. So they weren't watching for how many monkeys on the first continent had to wash sweet potatoes for how long before it tipped into the collective experience and just became common practice. And I think that, like one of the things that really grinds my gears about the, you know, yoga community and new age philosophy, blah, blah, blah, is that there's this kind of like undercurrent of narcissism that can weave its way into these practices. That's like, I'm doing this to better me. I'm doing this to make life easier for me, but at the end of the day it's about weaving it back into the collective. And the monkey story, I think is just so amazing, cuz it just shows it's like a couple monkeys wake up and then eventually like, poof, all the monkeys are waking up a whole ocean away.

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

Have you ever heard of a guy named Dr. Rupert Shedrick Uhuh? So he wrote a book called the sense of being stared at, he wrote a book called dogs who know the owners are coming home, but he in one of his books, I can't remember which one he tells this story about these university professors somewhere decided they wanted to teach these rat lab rats, how to do this particular odd combination of things. I forget what it was and that what they were doing was figuring out how long the average rat takes to learn this complicated maze or puzzle or something. I forget what it was, but, and so they, you know, the, they study these rats, they teach these rats to have the same protocol for each rat and all these rats learn it in. We're gonna get real simply a hundred repetitions.

Austin Barry ([01:14:57](#)):

Okay.

Warwick Schiller ([01:14:58](#)):

Okay. So then, but then they send the protocol to a univers and this is in America and they send a university, send a protocol to university in Sydney, Australia, one in London, England, and one in SA Brazil and one in Edmond, Canada, whatever. And after the first lot of rats learned how to do the thing, every other rat on the planet learns in about 50 repetitions instead of a hundred. There you go. And Rupert Shera called that phenomenon, morphic, resonance,

Austin Barry ([01:15:26](#)):

Morphic, resonance, morph. That's the word

Warwick Schiller ([01:15:28](#)):

REIC resonance. That's the word. But yeah, it is. It's, it's like I'm really, I'm

Austin Barry ([01:15:33](#)):

Writing. I'm writing that down.

Warwick Schiller ([01:15:34](#)):

I'm I'm really into like native indigenous healing, shamanism, that sort of stuff. That stuff fascinates me. And I had a guest on the podcast named another Rupert Rupert Isaacson. Do you know who Rupert Isaacson is?

Austin Barry ([01:15:54](#)):

I feel like I've heard that name.

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

So he wrote, he made a movie called the horse. Boy. He hasn't has a son who's autistic. And he, he took him to Mongolia to visit one of the horse shamans up there to mm-hmm <affirmative> to have him help his Rowan Rupert's son Rowan with two of the parts of his autism. He wasn't trying to solve, cure the autism cuz it doesn't need curing. Right. But he was incontinent and he had these outbursts he's just anyway. So he went up to the, the shamans in Mongolia and they did some work with, with Rowan and he was, oh, the other thing he wouldn't associate with kids his own age. Like didn't, didn't make eye contact. Didn't talk to him, whatever. Anyway this, this made a huge change when this shaman worked with, with Rowan, but the shaman said, so what you need to do is you need to go on three other healing journeys and go to three different types of shamans.

Warwick Schiller ([01:16:51](#)):

And, and so the book was called the horse boy. And then the subsequent book was called the long journey home. I think it was called. But anyway, they went to a native American healer in Arizona. They went to an Aboriginal healer in the Daintree rainforest in Australia and they went to a Kois sand Bushman healer in the Kalahari. Okay. So these guys are working with traditions that are hundreds, if not thousands of years old. Okay. Way back before computers, telephone lines, pony express, you name it. Okay. No way of communicating with each other, almost all four of the, those shamans did something very, very, very similar in their ceremonies that was inching had to do with sucking stuff out of Rowan's head that one in Australia, put a hollow bone on Rowan's head and sucked on it and would spit this black sticky liquid out into a bucket. I think the, I think the guy in the Kalahari did something similar and the, I think the one in Arizona did something similar, like pulling a black sticky liquid out of row's head. And it's like, that's that morphic resonance stuff that, you know, that that is it's also have you ever done the I Waka

Austin Barry ([01:18:22](#)):

I haven't, but there's been it's keeps crossing my path.

Warwick Schiller ([01:18:26](#)):

You know, I went to a, a three day Ika retreat in Florida a few years ago, but they're talking about the origins of Ika. And so there's two plants in the Amazon that you boil up and mix together to make iowaska out of all the thousands, if not millions of plants in the Amazon, how do they figure out which two to put together? And so the sh there was a shaman there from, from the Amazon and, and he said, you know, we get asked this a lot. And the elders tell us that the plants told them mm-hmm,

Austin Barry ([01:19:03](#)):

<Affirmative>, that's the language I usually hear as well. It's amazing. How much we think we know and yet how bewildered and lost we are as a species. I'm, I'm reading this awesome book. I'm not that far into it, but it's called the body a guide for inhabitants by bill Bryson.

Warwick Schiller ([01:19:31](#)):

Oh, it's a bill Bryson book. I love bill Bryson's books. Yeah.



Austin Barry ([01:19:34](#)):

You'll you'll

Warwick Schiller ([01:19:34](#)):

Appreciate this. What's the, what's the first word. The what

Austin Barry ([01:19:37](#)):

It's called the body.

Warwick Schiller ([01:19:38](#)):

Oh, the body

Austin Barry ([01:19:39](#)):

Mm-Hmm <affirmative>. And he's talking about the, I mean, he's talking about the whole body, but then the part that he's talking about, the brain, he makes the various suits observation, that the only way that we perceive the world is through the brain. That's that's, that's the only way that we see fear, smell, touch. It's all coming through the brain. The brain has never actually directly experienced any of the things that it's sharing with us. The brain has never felt of breeze. The brain has never seen the light. The brain has never smelled of cinnamon bun in the oven. The brain has never had direct experience of any of these things. And yet the brain is how we absorb everything around those. And I think that's so obvious and yet so fascinating. And the other thing he says in this book, cause we've been talking, I mean, I hear you talking about being present with your horses and what's happening in a moment and you know, that's the journey, essentially, whether it's on a yoga mat or wherever else, it's like, can I be present and attune to what is transpiring in this moment?

Austin Barry ([01:20:59](#)):

And that's really hard to do. And sometimes I get the impression that we think that it's really hard because we're defective. Somehow this is hard because I'm not doing it right. But what I learned from this bill Bryson book is that the way the brain, again, I'm gonna butcher it a little bit, but the way the brain pulls in information, there's a one fifth of a second lag, you know, like when you see an airplane and you hear the sound, right? These things, don't all just come in real time at exactly the moment that they're occurring. There's a, about a fifth of a second lag as the brain draws in all its calculations. So in order to make up for that lag to auto, correct for that lag, what we are calling present is actually our brain making this incredibly rapid calculation of what the world is going to be a fifth of a second from this very moment. Do you hear what I'm saying?

Warwick Schiller ([01:21:59](#)):

I'm listening. I'm listening.

Austin Barry ([01:22:00](#)):

<Laugh> so what our brain tells us is present is actually the brain's projection of what present is going to be a fifth of a second from now, is your brain exploding?

Warwick Schiller ([01:22:14](#)):

Well, I was just thinking about, you know, like we have a blind spot in our eye that our brain just feels that gap in. Like it says, I think it should look like that over

Austin Barry ([01:22:23](#)):

There. We can, it's more or less like this. Yeah. <Laugh>

Warwick Schiller ([01:22:25](#)):

Yeah. I think it should look like this.

Austin Barry ([01:22:28](#)):

Yes. And that's what the brain is doing constantly auto correcting for that lag time and how we draw in information, which is why it's so critical as a species that we connect to something other than our brain, which I realize is a little bit catch 22, right? Because the brain is the instrument that we have to facilitate this connection, but what wisdom traditions offer us and what somatic experience offers us is that there are other intelligence centers in this body, in this planet, right. In this universe. And I don't say that in some guru way. I mean, it very literally the way those damned trees know how to tell each other so that the giraffe knows to walk to the fourth tree after the first tree starts tasting like shit. It's like, that's how we know that there are other places for us to find a deeper resonance and a truer experience that aren't just exclusively wrapped up in the mechanism of the brain, which is an incredible instrument, obviously.

Warwick Schiller ([01:23:32](#)):

Yeah. I, I think that's the, for me that, that, that's the, that's the question, that's the answer. That's the, <laugh>, that's what we should all be doing. That's the, you know, I think we've, you know, I think we have got so far away from how we are supposed to be, you know, with in the last 10,000 years, since mm-hmm <affirmative>, since since the birth of agriculture

Austin Barry ([01:24:03](#)):

And electricity talk about, I mean

Warwick Schiller ([01:24:04](#)):

Electricity, oh, electricity, but that's been more, that's changed everything recent, but if you go back, you know, there's been, you know, there was before, you know, before we could grow more food that we can eat, basically mm-hmm <affirmative> yeah, we we've, we've changed so much about what we do, but we are still the same people we were back then. And so we're, we're living in a, we're living in an environment that we are not, we're living in such a way that we're not meant to be living if we want to flourish and be basically all we can be. And so, yeah, I, I, you know, and I think the start of it is any somatic experiencing getting back into your body and outta your head. And there's a really good book I read called radical wholeness. And in that book, they talk about a a tribe from the west coast of Africa, I think called the Anglo eWAY. And they have a, they say that we have nine senses mm-hmm <affirmative>. And one of those senses is called SAS LaMi, which translates into English as feel, feel with the flesh from the inside out,

Austin Barry ([01:25:21](#)):

Feel, feel with the flesh, but the inside

Warwick Schiller ([01:25:23](#)):

Out, basically it's instead of taking in information through your eyes, you know, you, you can take in information through your body

Austin Barry ([01:25:33](#)):

Mm-Hmm <affirmative>,

Warwick Schiller ([01:25:34](#)):

You know, which is like, like intuition that sort of thing.

Austin Barry ([01:25:41](#)):

I, I love, I, I love how you articulated that we, as a species have not changed that much over the last few thousand years. In fact, we've hardly changed at all. And we're living in a landscape that is completely foreign from a, from an evolutionary biological standpoint. Like we are not made to take in information the way that we do, we're not made to be as sedentary as we generally are. Like, there's so many things about our fundamental humanness that aren't exercised in the lifestyles that we have grown accustomed to over the last few thousand years. And that notion of feeling from something other than your brain <affirmative> I just totally lost my train of thought. There it is. <Laugh> feeling from something other than the brain. That's one of those, one of the offerings of a yoga practice, but it's not available until you're right for it.

Austin Barry ([01:26:42](#)):

Like there's like people, I think that's part of why people come back though. It's like, they're not sure what they're feeling. They don't know exactly what it is they just experienced, but they can tell that there's something resonant about it. And it takes a while to kind of like peel back the layers and the armor and the, whatever it is that prevents us from permitting ourselves to be saturated in whatever that somatic experience is. Oh, the thing I was gonna say about that intuition, right? Intuition's always been a really interesting one to me because if someone who's had a lot of anxiety sometimes it's hard to tell the difference between what's an intuition and what's an anxious thought because I'll tell you every time I get on a plane, I'm sure it's gonna crash, but is that an intuition or is that an anxious thought? I'll, you know, it's like in the moment it can be really hard to tell the difference

Warwick Schiller ([01:27:38](#)):

How many plane crashes you've been in

Austin Barry ([01:27:40](#)):

Zero.

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

Okay. So it's an anxious thought. Cause it was intuition. It would be right.

Austin Barry ([01:27:45](#)):

That's true. All right. Touche shy. Thank you.

Warwick Schiller ([01:27:47](#)):

Got a funny feeling about this plane.

Austin Barry ([01:27:50](#)):

Put that one to bed. <Laugh> I like that.

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

Yeah. You know, I was talking about Rupert Isaacson before he, he was a fascinating podcast guest, not only because of the, the stuff with his son Rowan and the movie and all that, but he spent a lot of time in the Kalahari desert with the Kois San Bushman. And they are basically the true, the last true hunter gatherers. And they, they, they they're the last people that basically live the way we were, we evolved to live and think about, just think about the way we raise children. You know, they sleep in another room. You let them cry themselves to sleep. Ya all this stuff that we do. And we wonder why we're all so screwed up so fucked

Austin Barry ([01:28:43](#)):

Up

Warwick Schiller ([01:28:44](#)):

<Laugh> yes. Yeah. Because you know, right, right there you, yeah. Yeah. It's just, it's just the, yeah. The, the way we, we live now is not, you know, this is my house, this is my, this is my fence. That's your, you know, we, we grew to, we, we grew up to live in communal villages and exactly, you know, there wasn't one parent, you know, the story, the, the saying it takes a village. Yeah. It does take a village, but we just don't use a village anymore.

Austin Barry ([01:29:16](#)):

We wire ourselves from the beginning. I mean, that's a great example, putting, you're getting a crib and a room all by itself and letting it cry itself to sleep. So it doesn't get spoiled. Like what, it's a baby it's helpless.

Warwick Schiller ([01:29:31](#)):

And that's, that's just a switch in perception. Isn't it like, Hey, exactly. I grew up that way. And I always thought, yeah, that's the, you know

Austin Barry ([01:29:39](#)):

Absolutely it's a paradigm shift, but it's like, we're wiring ourselves for that deep sense of isolation and disconnection. And I mean, loneliness isn't even the right word because that's like a topical, fluffy a sensation that comes with that deep sense of disconnection. But it's like, you're saying, I've got my house, I've got my fence, I've got my, this my, that. And right, right from the beginning, like you're saying put that kid the crib, let it sort it out. You know, it's like, Jesus. Talk about wiring us for some, some issues

Speaker 2 ([01:30:18](#)):

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Warwick Schiller ([01:30:37](#)):

Yeah. And the, you know, the what's, what's interesting these days when, you know, we've got functional FM R I mean, you got fMRIs and all sorts of stuff where you can study the brain and this and that and something else. And what a lot of the science appears to be coming to the conclusion is that all the ancient traditions were right.

Austin Barry ([01:31:01](#)):

Mm-Hmm <affirmative>

Warwick Schiller ([01:31:03](#)):

Yeah. You know, we can just prove it's, it's the same, like with, with, you know spirituality and the woo stuff, you know, quantum physics kind of proved that the woo was a thing.

Austin Barry ([01:31:17](#)):

It's the, the shit that the yogis on the mountain tops were exploring before quantum physics was a thing quantum physics are telling us now.

Warwick Schiller ([01:31:26](#)):

Yeah. Right. And

Austin Barry ([01:31:27](#)):

Like, like, like all those old practitioners, those wisdom traditions, they are, they, they already knew,

Warwick Schiller ([01:31:34](#)):

Well, they think about the, think about this. <Laugh> okay. Think about this Australian AB invented the boomerang mm-hmm <affirmative>, which uses the same pres principles of physics as an airplane's wing

Austin Barry ([01:31:50](#)):

<Laugh>

Warwick Schiller ([01:31:51](#)):

Okay. Yeah. And the aboriginals have been around for, you know, they finding older and older stuff. They carbonate things. But the last one I read is 50,000 years you know, lift versus thrust, you know, <laugh> aeronautical engineering from a, from a, you know, a culture of people who basically had, they just, they just lived off the land and apparently didn't know anything.

Austin Barry ([01:32:29](#)):

Primitive people.

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Warwick Schiller ([01:32:30](#)):

Yes. Primitive people, big air quotes.

Austin Barry ([01:32:33](#)):

Yeah. Big air

Warwick Schiller ([01:32:33](#)):

Quotes, big air quotes. But yeah. Scientists coming back to that, you know, in Australia now the cuz Australia has socialized healthcare in Australia. Now they actually are using traditional Aboriginal healers in hospitals, which means it's part of the it's it's an accepted part of the healthcare system. I'm saying it's all over the place, but I've read some articles where they're doing this. Like we're getting somewhere,

Austin Barry ([01:33:00](#)):

You know, you're gonna love this book work. You're gonna love

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

San Paul. Oh yes.

Austin Barry ([01:33:04](#)):

You're you're it's gonna be like, it's gonna be one of your top five.

Warwick Schiller ([01:33:07](#)):

So here's, here's a fun story for you guys. Listening. Before I got on the podcast with Austin, we were chatting and, and I said something about a book. I don't know why I said something about a book. And she said, have you ever read sand, talk by Tyson, ya Kip Porter. And I'm like, that sounds very familiar. I think I've actually got it on my audible. And I looked on my phone. So yesterday I went to download a book or redownload a book because I, there was a book I'd listened to before and I went to redownload it and right at the top of my library, which means it's new, which means I it's only been bought down, been bought purchased recently, is this book called sand talk, how indigenous thinking can save the world. And I looked at that and I thought, Hmm, I have no idea how they got there. Maybe Robin downloaded it. I dunno. Never heard of it. Before yesterday I get on the start of this podcast with, with Austin, she goes, oh, you really go listen to this book called sand talk. I'm like, hang on. I think I've got it here on my phone. It was right there. So that's one of those serendipitous moments that tells me I'm on the right path.

Austin Barry ([01:34:14](#)):

<Laugh> you're gonna

Warwick Schiller ([01:34:17](#)):

Like it. So how did you hear about that?

Austin Barry ([01:34:19](#)):

The

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Warwick Schiller ([01:34:20](#)):

Book. Yeah.

Austin Barry ([01:34:25](#)):

Someone recommended it

Warwick Schiller ([01:34:26](#)):

To me cause that guy's last name. He is obviously an Australian Aboriginal.

Austin Barry ([01:34:30](#)):

Yeah. You know what it was, you know, actually what it was. What of my old yoga teachers has a podcast, an incredible podcast called the BLE. And the theme is ferns and friends through mythic lens. Mm. And it, the content is like, there is it's top shelf content who weaves these things together. So impeccably can't say enough about it. And I think because, like I said, it's, you know, tech wise, I really have to commit and get organized in order to listen to a whole podcast. Like my kid just turned five, you know, like I don't usually have

Austin Barry ([01:35:09](#)):

90 minutes or so to like listen to a podcast uninterrupted. So I, I guess I, I caught part of one of his podcast episodes and I don't know if he was referring to the book, one of his episodes he's actually interviewing Tyson. And they're having a, a conversation in the podcast. So I was hearing what I was hearing. I was just so, so I was like, yes, that, that, that's it. Where, where do I, where do I, where do I read more? Where do I hear more of this? Because this is true. And I think that's how I stumbled into

Warwick Schiller ([01:35:47](#)):

The book. So what's the name of that podcast? The EMD

Austin Barry ([01:35:49](#)):

It's called, it's called the Emerald, the, the guy who does it, his name, Josh fry.

Warwick Schiller ([01:35:58](#)):

Josh. What was his last name?

Austin Barry ([01:36:00](#)):

Fry. S C H O, sorry, Josh. R E I.

Warwick Schiller ([01:36:04](#)):

Okay. I'm pretty sure I can find that. So a few guys at home listening, Austin is technically challenged. She has a flip phone. So if she wants to listen to a podcast, she's gotta download it onto something else and then get it from the something else onto the phone. So, yeah. You're one of the last holdouts of the flip phone.

Austin Barry ([01:36:23](#)):

<Laugh> well, it's actually broken right now. I don't have a phone at all right now. I,



Warwick Schiller ([01:36:29](#)):

Oh, well, there you go. Okay. I'm gonna hit you. I'm gonna hit you up with some of these questions. Oh no. And some of these, you may have already answered in our conversation, but the first one is what's been your biggest failure. And how has it helped you?

Austin Barry ([01:36:41](#)):

<Laugh> my biggest failure. It's funny, you had another question on there that said something about what, something about being lucky. That's the

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

Luckiest thing. What's the luckiest thing ever happened? You? Yes.

Austin Barry ([01:36:51](#)):

It's funny because I couldn't decide whether I wanted, whether I was more interested in that person or this one. And then I realized that they're the same answer. I would say that the greatest failure I've ever had is I don't, I don't know if I should call it a failure because maybe I was just born with this brain, but man, this brain has been a handful for me, between the diction stuff, the anxious stuff, the depression stuff. And I realize that this is not an abnormal articulation that I'm making and that most people are gonna have some overlap in those departments. But I really, I was so crippled by my brain for so long and I still am, but to a far lesser degree and this kind of cycles back to something we were touching on before, where like the worst things that have ever happened to us somehow end up becoming the most fruitful. And I have to say, I think that the inquiries I've been forced to make and the practices that I've had to explore have brought me more ease of life and joy than I ever could have imagined. Okay. Mar my, that just felt

Warwick Schiller ([01:38:12](#)):

You don't jump up

Austin Barry ([01:38:13](#)):

On you. It's no, it's my cat. It's Martin it's

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

Cat. I saw the

Austin Barry ([01:38:17](#)):

<Laugh>. Wow.

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

What a pretty cat I saw the tail. I thought it was the tail of a, like a MEU or something.

Austin Barry ([01:38:21](#)):

No, my, my dog is one of my dogs is right here and my other one's in the corner. My dogs won't jump on the table. Just my cat, just the cat. I have to say my <affirmative> my, my experiences with depression and ad addiction and anxiety, I've considered them to be my greatest failures because they've been so

crippling, but I feel that they've been kind of my greatest saviors as well, because they've forced me into a different way of being that is exponentially more content than the ones that I knew before.

Warwick Schiller ([01:39:07](#)):

Have you ever read Russell brand's recovery?

Austin Barry ([01:39:14](#)):

No. Have you ever read breathing underwater?

Warwick Schiller ([01:39:18](#)):

No.

Austin Barry ([01:39:19](#)):

Okay. But that one on your list, what? This one called

Warwick Schiller ([01:39:21](#)):

Recovery. It's re recovery by Russell bra. So it's Russell Bran's take on

Austin Barry ([01:39:25](#)):

The oh, Russell bra, the movie star guy.

Warwick Schiller ([01:39:26](#)):

Yeah, the comedian guy. It's his take on the 12 step program.

Austin Barry ([01:39:30](#)):

Okay.

Warwick Schiller ([01:39:31](#)):

Okay. But in there he goes, I was lucky cuz I was a right fucking smack ed

Austin Barry ([01:39:38](#)):

<Laugh>

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

And the good thing about being a right fucking smack ed is if you ever die or you, or you figure out you've got a problem, he says, but a lot of people can go through life and have this level of discontent that they don't really even know they have. And they don't know, they can go through their basically get rid of the Russell brand accent, but they can go through their whole life and not have this eternal level of dis disease, this discontent. And not even know you have it because, you know, he said, if you're, if you're he said, I was, he said, I was lucky I was a, a sex addict and a heroin addict. He said, so both of those, it's quite obvious. You've got a problem. But he says, you might be addicted to work Facebook you know, world of your

Austin Barry ([01:40:24](#)):

## Telephone

Warwick Schiller ([01:40:24](#)):

World of walk off your telephone, eating, you know, a lot of things, porn, whatever, a lot of things that, that aren't obvious to everybody else. And so he says, you are the unlucky ones cuz you have to live with it. He said, I was lucky because I had such a bad addiction. It was,

Austin Barry ([01:40:45](#)):

There was no choice.

Warwick Schiller ([01:40:46](#)):

Fix it or die. Yes, exactly.

Austin Barry ([01:40:48](#)):

There

Warwick Schiller ([01:40:48](#)):

Was no choice, a little bit like that.

Austin Barry ([01:40:50](#)):

Like you were saying with your friend, you know, you could drink five beers a day and not really know why you're drinking, but it doesn't really matter. So you can just kind of carry on with this.

Warwick Schiller ([01:40:57](#)):

Everybody else is doing it. Yeah. Nobody's, nobody's peering at their Naval. Okay. Next question. If you could spread a message across the world, one that people would listen to, what would that message say? Or your favorite quote or both? My

Austin Barry ([01:41:13](#)):

FA my favorite quote. Oh, I wouldn't have a message just Fred, but my favorite quote probably changes pretty regularly. But one that I always come back to, I think I have it, these books here, it's a real quick quote. We read letters to a young poet.

Warwick Schiller ([01:41:30](#)):

No it, no. So you're a, you're a literature. You're a literary literature person. So

Austin Barry ([01:41:36](#)):

No, I mean, I'm not, I mean maybe a little bit, but letters to a young poet is like it's not even officially like a, a piece of writing. They're literally letters from Roca to the sky and there's just such a tenderness and a generousness of spirit in these letters that he's writing. And they're so beautiful and they're not precious. Like it's pretty real, it's, it's a little harsh at times, but there's a tenderness to it as well. And I'm, you might recognize this quote. I think I have it in here somewhere because I knew that I wasn't gonna be able to remember it off the top of my head. He says I beg you to have patience with everything unresolved in your heart and to try to love the questions themselves as if they were locked

rooms or books written in a very foreign language don't search for the answers, which could not be given to you now because you would not be able to live them. And the point is to live everything, live the questions. Now, perhaps then someday far in the future, you would gradually, without even noticing it live your way into the answer.

Austin Barry ([01:42:46](#)):

And I think that holds most things <laugh> in that one.

Warwick Schiller ([01:42:51](#)):

That is a long quote, but that's is a very good quote. Like every sentence was like, oh yeah, right. Oh yeah, this is getting good.

Austin Barry ([01:42:58](#)):

Oh, this one. Yeah.

Warwick Schiller ([01:42:59](#)):

Okay. Next question. What have you changed in the last five years? That's helped shape who you have become.

Austin Barry ([01:43:05](#)):

Oh yeah, becoming a parent. My kid just turned five. The teachers are everywhere. The lessons are everywhere. The schools are many, but the lessons are all the same. There's something about that journey into parenthood that, but it's the whole blueprint, all the things within yourself that you need to comb through and start to work out. They become very obvious through that journey of parenting. And I think that in the last five years, that's probably one of the biggest things that's changed for me in terms of how I relate to myself and how I relate to the world and recognizing that the default way that I parent my kid has more to do with the way I was parented than it does, how I actually want to engage and relate in the world. And that's another example of that track that gets carved out. And then you don't even realize that it's happening and having a kid can kind of like force your head up over the edge of that, that chasm and be like, oh wait a minute. That might be some other things to work on here.

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

<Laugh> you know, I do think it was a blessing to like at a young age, you were starting to work on some of your stuff because I'm sure you have maybe realized that some of maybe the parenting style that you were subjected to is not probably the best one. And so you can, you can change that, that generational thing and go, okay, I'm gonna do it differently because it, this just so much information these days about that sort of thing. And, and this is not, I'm not saying anybody's parents, everybody's parents did the best. They knew how to do at the time, every, the best they could. But there was some things that were, were quite common at the time. Mm-Hmm <affirmative> that? I mean, I think almost every parent of, of the, of the age was, was doing these things that at the time they don't seem like they're much at all, but they're the things that, that cause all the trauma, you know, the invalidation of feelings and things like that, that, that seem like, yeah, that's not that big a deal, you know? And that's the stuff that eats you up from the inside later on in life, you know? And when you realize when you've done enough work to realize simple things like that at the cause of a lot of our problems, then we get to rectify it with our kids. I was, you know, my son was

Warwick Schiller ([01:45:42](#)):

In his, you know, almost 20 before I started to unravel a lot of this stuff. So, you know, the, the, the horse was bolted outta the gate for me. But yeah, I just think it's, it's such a cool time to be a parenting because there's so many resources available and, and there's so much we know about the developing brain and trauma and what causes it and so how to avoid it. And I think, yeah, it's, I think it's an exciting time.

Austin Barry ([01:46:09](#)):

It's funny, the validation of feelings, it's something that I've never been very good at for myself or for others. And I think of how when I was a kid taking riding lessons, right. And everything I learned as a kid around horses, I basically spent my adult life trying to unlearn and find a different way to do, cuz it's all like push them into the scary corner, you know? Right. Like more pressure don't don't look, if you look, they're gonna look and right. And now, you know, I do the total opposite. And I remember hearing you, I think it was you talking to El Sinclair about seeing her at a horse expo or something in the horse blues mind and around 10. And she said something like, I think he's worried something over there. I'm gonna go check on it. And you are like, this woman's crazy.

Austin Barry ([01:46:54](#)):

And she kind of climbed up and she looked out and she was like, Nope, there's nothing there. We're all good. And that, and that eased the burden of the moment. And I was like, okay, whatever, like that's a little much. But I, I did that. I did that with my mirror. She was like in the indoor and there was something happening out there and all of a sudden she was losing her mind about something out there. And my childhood self is like, just get through it. And my present day self was like, babe, hold on, I'm gonna go check on this. And I walked across and I kind of looked out the door and I took a good look and then I just came back and I, it we're all good. There's nothing out there. She problem solved. That was it. And I was like, are you kidding me? <Laugh>

Warwick Schiller ([01:47:41](#)):

It's so cool. Cause once you experienced that once it's a complete paradigm shift because you never really ever think that shut up and get on with it is, is, is beneficial. It,

Austin Barry ([01:47:53](#)):

Yeah, exactly. It changes everything. And it's so much easier to relate that way than to put on this front of everything's fine. Keep going because we all know everything's not fine. So to say that it's just not true. So it's

Warwick Schiller ([01:48:11](#)):

Fascinating. Very fascinating. Okay. Next question for you is what quality do you admire in a person?

Austin Barry ([01:48:20](#)):

I think I admire the kind of vulnerability that for MES you to be at ease with your process, there's a, a need that we all feel to present this like fully formed version of ourselves. Like we have it figured out and we're formed. We're good. We got it. And I think that there's a, a, there are a few people in the world that kind of embody a quality of vulnerability that invites other people to witness their process.

And I think that's super powerful. I'm really bad at it. I'm very uncom with that. And so I admire it deeply in other people.

Warwick Schiller ([01:49:07](#)):

Yeah. It's funny. You know, I did a whole podcast where I answered all 20 questions. Mm-Hmm <affirmative> and what used to be the quality I admired in people is not the same quality I admire in people now,

Austin Barry ([01:49:18](#)):

What was it? And what is

Warwick Schiller ([01:49:19](#)):

It? It was physical bravery because that's something I thought was admirable until I realize that most people are like that it's actually the opposite. That's just a, that's just a facade. But the, the thing I admire now is people who are open, like who are basically what you just said right there, who are they are, who they are. They're not hiding stuff. And cuz that, cuz that's the thing I, you know, I'm around when I'm around people who are really open, I'm like, oh, I would like to be that way one day.

Austin Barry ([01:49:52](#)):

And there's an ease of spirit. There's a permission that those people give you. Yes. When they're able to kind of be open and available with whatever it is that's happening, they give you that same permission. Right. They kind of show you that little window of like, Hey, I'm kind of good with me right now. So you can be good with your hotness of self too.

Warwick Schiller ([01:50:17](#)):

<Laugh> yeah. It's like, it's like all their walls are down. You know what I mean? And, and yeah. It's it's yeah, I really, yeah. People like that, I really enjoy being around them. Cause like you said, it almost gives you permission too, but it, yeah. What, what do you think it means to be a leader and a follower?

Austin Barry ([01:50:42](#)):

I think that a good leader, doesn't try to form a follower in their own faith. Right? The leaders can try to make the follower into the, into the leader, right? The leader attempts to guide the follower into a deeper embodiment of, of who they themselves are. A good leader, invites you to be even more yourself than you were before. And a shitty leader says, come be like me. This is how you do it. I think a good leader is one who invites the other to explore themselves more deeply to embody themselves more fully. And there's a second part of that question. Huh? You ask what it means to be a follower.

Warwick Schiller ([01:51:34](#)):

Well, it needs to be a leader and a follower.

Austin Barry ([01:51:40](#)):

I think. Well we're all following something. It's our, it's our nature to orbit something. Right. As a species, we gotta orbit something. Most of us orbit our telephones <laugh>

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

Unless you got a flip phone cuz it's not that, oh,

Austin Barry ([01:51:54](#)):

You got

Warwick Schiller ([01:51:54](#)):

A flip phone. It's not that exciting.

Austin Barry ([01:51:55](#)):

Nothing to do on there. <Laugh> so I'm kind of thinking of following and orbiting as slightly interchangeable. Right? There's something that holds our focus and we keep returning to it. I think to be a follower is it requires a certain level of discernment. Right? We have to be discerning about what we choose to follow about what we choose to order. Which means we have to be awake enough to observe what are we following out of habit? Right? Like the, like the linear progress metric, right? That's something that we follow out of habit without even questioning it. And when it falls apart inevitably, and it doesn't come out, like we expected inevitably we we become, you become very I'm losing my words very distressed, right. God, it's not working out. It's not working what's happening. And it's like, well you chose to follow and abide by a progress metric. But actually isn't real. It doesn't actually work like that. Right. So I'm not sure what it means to be a follower. But I think that it requires a lot of discernment to do it in a way that is fruitful.

Warwick Schiller ([01:53:15](#)):

Yes. Very good. And one last question, cuz you chose it. Do you have a favorite horse? Obviously you do cuz you chose it.

Austin Barry ([01:53:23](#)):

Mine horse, obviously. <Laugh> now I I, I mean there have been a, there have been many over the years that have affected me deeply, but this one that I have right now is she's changing the way that I look at things and she's giving me an opportunity to practice things in a very different way. And again, she's just been one of those, those great opportunities to change the way I look at things and change the way I relate to them and then see how that changes. Absolutely. Everything.

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

It sounds like the student was ready. <Laugh>

Austin Barry ([01:54:05](#)):

I mean <laugh> the teachers are everywhere, so ready or not. <Laugh> yeah. They're here.

Warwick Schiller ([01:54:11](#)):

The student was ready. Okay. So how do how do people find out more about Austin Barry?

Austin Barry ([01:54:18](#)):

You, well, I don't have social media <laugh> but I do have a website. So you can always find me on my website. It's Austin barry.org, Austin,



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Warwick Schiller ([01:54:27](#)):

Austin, barry.org. Okay. Mm-hmm

Austin Barry ([01:54:28](#)):

<Affirmative> Austin like Texas Barry B a R R Y

Warwick Schiller ([01:54:32](#)):

Org. Yeah. We'll put this in the show notes and there's no Instagram, no Facebook, no dot, no Twitter, just Twitter, Austin, Barry,

Austin Barry ([01:54:40](#)):

Just the website. But you know, you can connect with me via email. You might even be able to connect with me via telephone through there. I'm not sure, but I'm, I'm pretty good about my emails,

Warwick Schiller ([01:54:52](#)):

But your telephone's not working right now.

Austin Barry ([01:54:53](#)):

My telephone's not working now, but I'm pretty good with the,

Warwick Schiller ([01:54:56](#)):

Do you have a landline?

Austin Barry ([01:54:58](#)):

I used to, oh, I did. I used to.

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

During the, so school you had a landline

Austin Barry ([01:55:03](#)):

<Laugh> I used, I had one. I had a landline with like the the curly wire.

Warwick Schiller ([01:55:08](#)):

The curly cord? Yes. The,

Austin Barry ([01:55:09](#)):

The long curly cord. Yeah. So you can kind of walk around the house with the on curly cord. I don't have one anymore.

Warwick Schiller ([01:55:17](#)):

When did you get rid of that? Like last year?

Austin Barry ([01:55:19](#)):

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No, it was longer than that. <Laugh> it was a few

Warwick Schiller ([01:55:23](#)):

Years. It was a few years ago. Okay. Well thanks so much for joining me. It's been a fun conversation.

Austin Barry ([01:55:28](#)):

Yeah. Thank

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

You. A few guys at home. Thanks for listening. And we'll catch you on the next episode of the journey on podcast.

Speaker 2 ([01:55:38](#)):

Thanks for being a part of The Journey On Podcast with Warwick Schiller. Warwick has over 850 full-length training videos on his online video library at [videos.warwickschiller.com](https://videos.warwickschiller.com) Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.