

Speaker 1 ([00:00:12](#)):

You are 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@videos.warwickschiller.com.

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

Good day everyone. Welcome back to The Journey on podcast. I am your host Warwick Schiller, and my very, very special guest this week on the podcast is none other than Amanda Wilson from New Zealand. So Amanda is one of the three Wilson sisters, the oldest sister. Vicki is a very, very, very accomplished show jumper and also has one road to the horse here in the US twice. The middle sister Kelly, has been a guest on the podcast last year, I think she may have been. And Kelly shared some amazing stories about not only her trip with the Goby cold Camel expedition that my son Tyler and I did. She went on the first one and almost died. But she shared some of the stories about observations with photographing wild horses around the world. And some of the stories she told us about things she'd seen with herds of wild horses just absolutely blew my mind.

([00:01:48](#)):

And I've had a lot of feedback about how many other mines were blown by some of the stories that Kelly told the Wilson sisters. I met them about seven years ago at a horse expo in New Zealand, and they were accomplished horse women at the time and kind of known in the horse circles. But since then they've become really quite famous, especially in New Zealand. They featured on a TV show called Keeping Up with the ua. And the thing about these girls is they just haven't changed since I met them when they were not famous at all and hadn't won a lot of big stuff. And yeah, I just love the Wilson Sisters. And Amanda, who I have on the podcast today has been traveling around New Zealand doing something called Trauma Talks. And so I was really interested in having Amanda on here to talk about exactly what these trauma talks are and how she got to them and wow, what came out of her mouth so closely mirrors the journey I've been going through both with my own personal and using my understanding of that to help unravel trauma in horses. It's just uncanny. She's on the other side of the world and basically came up with the same thing. So yeah, this conversation with Amanda was just absolutely amazing. She's an amazing human being, doing wonderful things in the world, and such a cool lady. I love the heck out of Amanda. So I hope you guys enjoy this conversation as much as I did.

([00:03:29](#)):

Amanda Wilson, welcome to the Journey on Podcast.

Amanda Wilson ([00:03:32](#)):

Thank you so much for having me. I'm very honored.

Warwick Schiller ([00:03:35](#)):

Oh, I'm very excited to have you on here. You are the funniest of the three Wilson sisters

Amanda Wilson ([00:03:42](#)):

Sometimes.

Warwick Schiller ([00:03:43](#)):

Sometimes. No, I think you're the funniest all the time. So it's been a bit of a struggle to get you on here because you've been pretty busy lately doing these things called trauma talks, and usually there's a bit of on the podcast here, there's a bit of chitter chatter before we get going, but I'm just going to jump right into that. What is it, where have you been going and what have you been talking about?

Amanda Wilson ([00:04:06](#)):

Well, for the last seven years I've been studying human trauma because I really needed to understand human behavior a lot more. I had a lot of things that I was dealing with that I hadn't dealt with, and a lot of people in my life who had been through traumatic events that they hadn't been able to find a way to move on from. So seven years ago I started writing a book with the goal of being to discover the pattern of healing. And a lot of the books about survivors of trauma, they often say that there is no getting over healing. There's learning how to live with it and learning how to tolerate it. And I didn't think that that was fair if you'd been through sexual abuse or you'd lost a child or been through something horrific that you then had to live with it for the rest of your life.

([00:04:57](#)):

And so through my huge amount of study and writing about three or four years ago, I learned how to release fears, which is essentially finding healing from past traumatic experiences. And then a few months ago, I had a lady that I'd worked with for the last year, she begged me to do a talk up north. And so I advertise and I said, I'm doing a trauma talk, I'm just talking about my own story and about my findings through learning about trauma. And I had 50 people book in and it was so successful that I ended up, I think booking 16 talks around the country, north island and South island. And I've just come back from a one month road trip. And yeah, it's been incredible. The feedback's been amazing, actually.

Warwick Schiller ([00:05:51](#)):

Yeah. Well, I've done a fair bit of a deep dive into my trauma still working on that. But you said the feedback's been amazing. What you tend to find, you'd know this by now, but what you tend to find is you've got this stuff that's happened to you in the past and you keep it locked up inside you and you don't tell anybody because you're ashamed of it. People would judge you, and when you do share it, you don't get judgment, you get Yeah, me too.

Amanda Wilson ([00:06:22](#)):

Yeah, and that's the thing, when I learned about this, so the reason I started my journey was because seven years ago, I'd done the personal development work over a decade now, and it wasn't until seven years ago, a family friend came forward and they shared their story with us, and it was so horrific and so traumatizing, and I thought trauma was so rare. I had a really messed up understanding of what it was. I thought it was something significant like natural disaster or the loss of a child. And then this person shared their story with us, and I started to learn more about trauma because I didn't want what happened to them to be swept under the rug. I wanted something good to come from it. And then as I started to learn more about it and the people around me started to open up about their own experiences, I realized that trauma is everywhere.

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

We have all experienced it. And even if we haven't experienced something significant ourselves, it is very likely that we'll know someone who has, and it is possible to pick up secondhand trauma. So when I start to share my story, people come forward and share their stories. And it is actually such a beautiful

thing because we all hide it away and we pretend we've got everything together, but I'm getting up there in my trauma talks and I'm unraveling everything. I'm just basically saying, this is my story. And I think it opens up dialogue that for some people who have had similar experiences or maybe completely different experiences,

Warwick Schiller ([00:07:56](#)):

Yeah, like I said, I've had that same thing where what actually led me down this whole path. I didn't even know I had anything going on. Oh, well, I suppose I did, but a few years ago at a horse expo in, I think it was Madison, Wisconsin, I had to do some of the horse expos over here. You do demos, but then they also might have you on the same day do like a standup talk. And I have this one I have tucked away to use for those occasions that I call Everything I learned in life I learned from horses. And it changes every time because you learn something, another life lesson from horses or something different. But this one that I did, so I'd been doing it for probably four years by that point in time. This one I did, I spat out some stuff in front of a couple of hundred strangers that I hadn't actually admitted to possibly anybody, possibly even to myself.

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

And I dunno what, it was the catalyst to have me just talk about this stuff in front of all these people. And when I was finished, I walked back to the booth and I walked past Barbara Schulte's booth. So Barbara Schulte, she's in the Calgo Hall of Fame, she's won the cutting for Trudy, but she's a big time riding mental coach. And I went past her booth and she said, had to talk to, I said, oh, Barb, I'm exhausted. I feel like I've been run over by a truck. And she said, why? And I said, well, I kind of spat out some stuff in front of all those people that I probably haven't spat out before. And she says, well, Brene Brown says shame is the scourge of society, and vulnerability is the antidote to shame. Which that sentence didn't mean anything to me at the time, but I'm like, who? And she's Brene Brown. So I ended up coming home looking up Brene Brown, and that led me down a bit of a rabbit hole, probably parallel rabbit hole to the one you've been down.

Amanda Wilson ([00:09:42](#)):

Yeah. Well, I think with a lot of the trauma avenues, there's so many different ways to find healing, but the actual overall pattern is very similar whether you go through energy work or meditation or self-help. And so yeah, that's actually quite incredible for you is there's that moment we have in our lives where you have an awakening. And for me, it wasn't until that experience seven years ago, and for you, that must've been that awakening, the stepping down the rabbit hole,

Warwick Schiller ([00:10:16](#)):

That actually wasn't the awakening.

Amanda Wilson ([00:10:18](#)):

Oh, it wasn't.

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

No. That was one weekend. The next week that was the crack in the armor. But the next weekend I was doing a clinic still back there. I was still in Wisconsin or wherever it was, and I did a clinic on the Saturday, and then I went to someone's house, I went to dinner and then went to someone's house, and

there's a group of us sitting around talking, and one of them was a psychiatrist, and she asked me these kind of pointed questions,

[\(00:10:44\)](#):

And then that kind of made me, and she just sat there and looked at me with these green eyes of hers and just stared into my soul. Anyway, then they had to go home and I didn't answer the questions, but then the people I was sitting around with were sitting around having a few drinks, and one of them asked a question and it kind of cracked me a little bit. And the other one asked another question, it cracked me a little bit. And the other one asked another question, and pretty soon the whole room tilted like 45 degrees. It had vertigo, and all of a sudden I just burst out screaming and bawling. I'm like, who the hell are you people and what planet are you from? The whole world shifted right then, and I wasn't sure what the hell happened then, but then when I got listened to Brene Brown afterwards, she says, yes.

[\(00:11:26\)](#):

Well, when I had my nervous breakdown, my therapist calls it a spiritual awakening, but I call it a nervous breakdown, whatever that thing was is what I had that night. But it came a week later after that horse expo thing. And I think it's the fact that I actually opened up to people that let the, yeah, I let a bit of a crack in the armor and let stuff out, and then this happened. Yeah. And it's been a bit of a work in progress to keep opening that armor up since then. And I'll tell you what, mine's wine's wired pretty tight shut, let me tell you. So what was it that got you started on all this?

Amanda Wilson [\(00:12:10\)](#):

So I started personal development in my late teens because I really, really struggled with the mental aspect of show jumping at a high level. I couldn't handle the pressure. I was really struggling with what people were saying about me or thinking about on sidelines. I had major fears when it came to doing jump offs or riding young horses or unpredictable animals. And so I went very hard down the south help journey south, help path. I did the mantras, the positive thinking, the visualization, the dream so big, it scares you sort stuff. And after about two or three years of that, it felt more and more like I was lying to myself that the person I was pretending to be was very much a facade. And I've since learned about something called toxic positivity where you deny all the bad stuff and you only focus on the good stuff.

[\(00:13:05\)](#):

And being positive and whatnot is a very important part of dealing with trauma, but not to the point where you deny what you've experienced. Because the negative stuff that comes up in our life is just our body trying to communicate that there's something that needs to be dealt with, that's all. And so if you say, oh, I'm so happy and I'm brave and I'm powerful and I'm successful, but there's an inner voice inside of you saying, no, you're not. This is not the reality. You create an older ego and you don't actually deal with where your problems come from. And so then when that family friend came forward, I started learning about trauma, and then I just got obsessed with it because I didn't realize that I'd had trauma in my life. I thought my life was relatively good. And then as I started to learn more about it, I was like, oh my gosh, I've got all this stuff going on.

[\(00:13:57\)](#):

And I thought, well, I want to deal with it because I was experiencing profound anxiety 24/7. It was really, really bad. I had very little self-worth or confidence. I had major emotional triggering where my mood could go up and down 12 times in a day, and I just felt like I had no control of my emotions. And that comes with a lot of shame too, because you speak to people in ways that you wouldn't normally speak to them. You handle situations in ways you wouldn't in really irrational manners. Even working

with the horses, there were times that I wasn't fear on them where I would get frustrated because I couldn't deal with my own emotions. And so it became, the thing is I learned more about trauma. I started to understand myself, which is one form of healing. You start to say, oh, well, I'm not on my own. There are other people out there dealing with the same things. And then when I learned the pattern of healing, then it completely changed everything. And since then, now it's gotten into a stage where I feel like I've done so much work on myself, and now I want to share what I've learned with other people, because I know that a lot of other people have similar experiences, not maybe what they initially went through, but with the mood swings and the anxiety and the depression and whatnot.

Warwick Schiller ([00:15:21](#)):

Yeah. There was something you said in there that maybe you want to ask you a question, and I got listening to the rest of your story and I forget what it was. Yeah. The thing about that you thought your childhood was pretty good, I thought that I had the perfect childhood. I grew up on a 1200 acre farm, and mom and dad were home every night and no one argued and whatever. But then at some point in time in my life, I got to kind of judging myself like I had the perfect childhood, but I'm screwed up as everybody else. Why am I screwed up if I had the perfect childhood? And then for me at least, I don't know your experience, but for me, you start to learn that it's not the big things that make a big deal. There's some little things that you may not receive that you should receive. Excuse me. And those are the big things. I mean, some people have big traumas, but sometimes well, we'll, sorry. We'll get into more of that other stuff later on. But yeah, sometimes I think the people can get over big traumas and some people can't get over little traumas for different reasons, whether it happens during the development of your brain, depending on how old you were when things happened.

Amanda Wilson ([00:16:36](#)):

And I think when I look at my experiences and what I've learned, if you look at the biology of what trauma is, then you can appreciate that something as small as a few words that someone says to you or experience as a six year old getting lost in the supermarket for three minutes, or a horse that bucks you off and you don't get hurt and you get back on, but you don't deal with it, the brain can download it. And if you've had enough small experiences over your lifetime, it can turn into major trauma memories and major fears. And that was definitely the case for me, particularly with my riding as well.

Warwick Schiller ([00:17:14](#)):

Have you ever taken an ACE test?

Amanda Wilson ([00:17:17](#)):

No.

Warwick Schiller ([00:17:18](#)):

So it's adverse childhood experiences. So it's a trauma test that trauma therapists will have you take and you, have you ever had this happen as a child or this happened as a child and this, I think there's 10 of them that you can check off. And I've listened to lots of books on trauma, and I listen to audio books a lot. And some of the stories that you hear are just horrific. There's a psychologist, he's a child psychologist, actually, I think he was named Dr. Bruce Perry. You ever heard of Dr. Bruce Perry?

Amanda Wilson ([00:17:52](#)):

Yeah.

Warwick Schiller ([00:17:53](#)):

He wrote The boy who was raised as a dog, and he wrote another book with Oprah called What Happened To You? Oh my God, some of this. He's the guy, I dunno if you were old enough to remember the branch David Vian compound in Waco, Texas.

Amanda Wilson ([00:18:07](#)):

It was something to do with David.

Warwick Schiller ([00:18:09](#)):

David Kersh was the guy's name. Yeah, the

Amanda Wilson ([00:18:11](#)):

Children.

Warwick Schiller ([00:18:12](#)):

Yeah. And they were in this compound, and they got all these children out at one point in time, and then they ended up, I think the F b I raid the whole thing. And there was a big old fight and lots of people died, but the children that they got out of there, Dr. Bruce per was the ones that was the child psychologist, bought in to deal with them when they first got out of there. And they're almost pretty much brainwashed to think certain ways. And yeah, it was very, very part of that was in the book. But yeah, amazing books if you're interested in trauma.

Amanda Wilson ([00:18:48](#)):

Yeah, Peter A. Levine is also incredible.

Warwick Schiller ([00:18:51](#)):

Yeah. Waking the Tiger.

Amanda Wilson ([00:18:53](#)):

Yeah, waking the Tiger. Joe Dispenza, I love Joe Dispenza.

Warwick Schiller ([00:18:57](#)):

He loved Dr. I did a clinic in Washington state here two weeks ago, and there was a lady there watching, and I got talking to her at the end of the clinic, and she had been to a, she said, we're talking about Dr. Joe Dispenza because Tyler and I went to one day, Greg Braden, Joe Dispenza seminar in London a couple of years ago when we're over there. But this lady said, if you ever get a chance to go to one of the week long, Dr. Joe ones, she said, do it. She said she had some sort of autoimmune problem, forget what it was, and it was ongoing, nothing could fix it. And someone said that, try this Dr. Joe thing, and she's got a scientific background. So she went for the healing, but she wasn't into the Woo, I don't want you woo stuff.

([00:19:42](#)):

I just want you to heal me. And she said, for about four days, she kind of rejected what was going on. And it wasn't until she accepted what was going on, and then she had this miraculous recovery from this autoimmune disease. Well, not a complete recovery, but it was so much better. But anyway, a year later, she goes back to another one and she said, nothing happened. And I said, why is that? She said, because I went with expectations and expectation chases that stuff away. You know what I mean? Yeah. She wasn't present. She was ahead of herself. But yeah, she said it was amazing. And I've had several people at clinics that I've asked about Dr. Benza and yeah, some people have, one lady in Australia I think had glaucoma or something or other, and it cured that. Yeah, fascinating stuff.

Amanda Wilson ([00:20:31](#)):

The science behind it and everything. It's just so interesting. And a lot of what I teach today is based off a large number of stuff I've learned from Joe and a huge amount from my own experimenting on myself, because trauma, it's a field that is getting more and more talked about, but it's not as evolved, I think as it should be. We're still focusing on a lot of practices that we use in the 1970s, 1980s. So I hope that in the next 10 years, this is massive shift. And first of all, there's an awareness about it because if me and you didn't think we had trauma, it means that there are so many people out there that have experienced stuff that they don't see as traumatic, and so then they obviously don't go and get help to deal with it, and then they continue to carry that for life.

Warwick Schiller ([00:21:24](#)):

A lot of it's got to do with the culture we grew up in. I mean, I'm a bit older than you, so it's probably changed a bit, but growing up in a stroke, especially as a boy, boys don't cry. Boys don't show fear, boys don't show that. And so you end up, see, I didn't end up with anxiety. I ended up shut down with no emotions. You know what I mean? And I've always thought Robin has quite a bit of anxiety, and I've always not necessarily judged Robin on her anxiety, but I used to think, oh, she's anxious, whatever. I realized that somewhere in there, under all this stuff, I'm way more anxious than she's, because shut down comes on the other side of extreme anxiety where you can't deal with it, so you just blah, blah, make it go away. So yeah, I'm like, okay, you are less anxious than I am. I've got it hidden. Well, yeah,

Amanda Wilson ([00:22:14](#)):

Suppress it. Yeah.

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

Yeah. So you did a lot of the personal development stuff, and it was a lot of mantra type stuff and things like that, and you found that you were kind of being incongruent because you were telling yourself stuff that you didn't actually believe. Is that kind of how it was?

Amanda Wilson ([00:22:35](#)):

Well, consciously, I was saying all this stuff to me, but subconsciously where those trauma memories existed, my survival brain was saying, no, you can't do this. You can't be this person because it's not safe, Amanda. And so my identity, I would say was very small, and my ego, which is your survival brain was quite big. And so the ego stops you from really seeing yourself trying to protect you. And yeah, I just didn't have, I guess, enough knowledge of it, enough awareness to be able to work through it. And so the last few years has been extremely transformative because when you can first of all become aware that you've got things going on and then you've got the tools to work through it, then it makes it an easy process. But a lot of people don't have the tools and they don't know that they've got stuff going on.

Warwick Schiller ([00:23:30](#)):

Right. Well, the funny thing about trauma and working through this stuff is for me, it was, okay, so I've been shut down all my life and I didn't know I was shut down, but I've never really had access to power. You know what I mean? So I've never really been in my own body very good. I've been in my head so much, which means I wasn't very athletic at school. And it's not because I'm not athletic, it's because I was in my head and I have a theory, I have a theory about people who are athletic. I think they're just wired a certain way to where they're in their body, they're not in their head. And so if you have a sports day and you've got two kids picked as captains and they picked the rest of the kids, I was always picked last. You know what I mean?

([00:24:17](#)):

So then you have this judgment about yourself, about that sort of thing. And I just thought I was weenie sort of thing. And then you finally get to a point, and I was about 50. Yeah, I'm 55, and I was about 50 before I actually realized what caused it in the first place. And it was something as an infant that I didn't even don't consciously remember. And then you get to where you go, oh, so it's not me. It's not a decision I made to be this way. And that takes a huge weight off your chest. But then my next big aha moment was actually on this podcast. I had Jane Pike on the podcast, and I was talking to her about my shutdown, and she said, but what you have, I was kind of judging it poorly. I wasn't judging me poorly anymore because I know where it came from, but I was talking about my shutdown.

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

I was judging it poorly. And she said, but do you realize at the time that was protecting you? That was your best friend? And I'm like, holy cow. So now that's another weight off your chest. Instead of viewing that thing as bad, I'm like, Hey, that thing was pretty cool. And I'm a big fan of a fellow named Wayne Dyer who says, when you change the way you look at things, the things you look at change, and that shutdown or the fact I had been shut down, it totally changed my perspective of it. Instead of thinking that bloody thing that's plagued to me all my life, it's like, oh, it was there for a reason. And so it's when you flip the switch like that, it's pretty crazy.

Amanda Wilson ([00:25:54](#)):

And it's also like you look at bad behaviors of any kind, narcissistic behaviors or judgment or rejection and whatnot. Those are all just survival mechanisms. They're very unnatural states of being. And they only come about because a person is experiencing stress, which then threatens the survival of them, or they've triggered an old trauma memory inside of them that they haven't dealt with. And so anytime something comes up inside of me that's negative in any way, I no longer look at myself and say, oh my gosh, you're such an idiot, Amanda, so this you're, so that I say, what has been triggered inside of me, if it's stress, which is the opposite of anxiety or that sort of side of it, I say, okay, what information am I missing? Because usually stress comes about because you're overwhelmed, you've lost control or you've experienced pain. And so if I experience stress, it's usually because run out of conscious tools and resources.

([00:26:54](#)):

And I find this quite a bit when working with horses where you have a situation and you're asking them to do something, and then you start to get frustrated. And there's this really cool saying, which is, frustration begins when knowledge ends. And that's when I pause and I say, okay, I'm getting frustrated. And instead of saying it's the horse's fault, I'm now able to self-reflect and say, I'm missing something. I'm missing a piece of the puzzle. And then I go away, I do my study, I come back. So anytime you have a negative thought or you feel numb or depressed or angry or jealous or resentful, whatever, those are all



survival behaviors and survival emotions, and they only come about because of unprocessed trauma memories or because you're in a survival state through stress.

Warwick Schiller ([00:27:41](#)):

And I think all of your personal development stuff leading up to that is probably very helpful for all this because in order to do what you just talked about doing, you have to be self-aware to realize that you're frustrated. Instead of just being frustrated and being in the frustration without recognizing that you're frustrated, you've got to stop and go, what am I thinking right now? Have you ever read a book called Mind Hacking by Ser? John Hargraves, one of my favorite books, but this guy is, he's like a, let's say a computer geek type type guy, but he's got this whole book on hacking your mind. And a lot of the things he talks about might be termed in other places as spiritual things, but he takes all the spiritual out of it. There's still spiritual practices. He just doesn't give him those names. And so he doesn't call meditation, meditation, he calls it concentration practice.

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

He talks about the World Memory Championships where people go there and they memorize, you show 'em something, they memorize stuff. He said they're not really good with memory, they're really good at concentrating when they look at things. And so he has a series of exercises for you to do, and one of the exercises, the very, very first exercise he has you do is play a game. He likes to play games. He says, so that your game for the next 24 hours is whenever you think of it, just stop and think, what was my mind? Just thinking? There's no right or wrong. You don't have to, let's say you are at work and then you're thinking about what you're going to do after work. And if you notice that you're thinking about what you're supposed to be after, you don't go, oh, I'm thinking the wrong thing.

([00:29:28](#)):

It's just about recognizing what your mind's thinking about just checking in on yourself. And that's the first step is to just check in on yourself as many times as you can. And in a day you might get 10, might get three because in the first hour you might get three, and then you kind of forget about it. But it's cool. He sets everything up as a game. And the first thing is just what was my mind just thinking about? And the next thing is you get to where, what was my mind thinking? What was I thinking about what I was supposed to be thinking about? But the first step is not that, it's just checking in and just reminding yourself to just be a bit,

Amanda Wilson ([00:30:07](#)):

Yeah, and definitely the self-help book in books that I read and studied, they are very influential in the work I do today. And I,

Warwick Schiller ([00:30:19](#)):

Sorry, I was going to say, what sort of self-help books? There's a million Ways to Go down that rabbit hole. What did you kind of focus on?

Amanda Wilson ([00:30:26](#)):

Oh, I just read everything and anything. The magic of Thinking Big or the Power of Thinking big, all these different sort of a massive range of work. It was what I found. Have you read The Monkey Sold His Ferrari?

Warwick Schiller ([00:30:41](#)):

Yeah, my Steven Covey,

Amanda Wilson ([00:30:44](#)):

No, Robin

Warwick Schiller ([00:30:44](#)):

Charma. No, sorry, what's his name? Robin Sharma. Sorry. Yeah, Robin Sharma. Robin used. So my wife used to be in Human Resources, and we had this bookshelf that was all her weird human resources stuff. Half of it was Steven Covey, what are the Seven Habits of Highly Effective People or whatever. But half of them was Robin Sharma books, and that's why I got those two confused right there. Yeah.

Amanda Wilson ([00:31:08](#)):

So I'd read a huge amount of self-help books at this stage, and I had read The Monk Who Sold His Ferrari, and that book had been really successful. I think it sold over 12 million copies. And when I looked at it, the chapters and how it was written was pretty much a very similar pattern to every other South Palp book I had ever read, except it was told in a metaphoric sense. It was easier to understand. And so I realized that I had an experience where I was flying from La X to Hawaii when I was in America, Tam Mustangs in 2015. And one of the trauma books I was reading talked about, they said, figure out an issue you've got at the moment and follow the subconscious limiting beliefs back to the root belief that you have. And it was one of the few books that kind of talked about those subconscious limiting beliefs, which kind of edged on trauma.

([00:32:03](#)):

And I went back through an issue I had, I started to unravel it, and I got to the origin and it was just like this, oh my gosh moment. And I realized that self-help books are incredible, but then the biggest thing that they're missing is trauma. They don't talk about trauma and trauma, all these things that I've wanted to become in life. My brain wasn't letting me go in that direction or visualize that because it thought that if I went there, I was going to get hurt. So I shut down my possibilities. I shut down who I was to protect myself, and I did all the positive thinking, and I visualized and I created vision boards, but I always felt like there was a block that my brain wouldn't let me. I had white walls or black walls around me. And that's why after three or four years in the South Health world, I felt like I had an improved much in any regard.

([00:32:59](#)):

And then I started learning how to release trauma memory, and my whole world completely opened up. And so the self-help books are incredible, but I think tied together with trauma work is the recipe for success. Because if you want, let's say to compete at the Olympics, but you have had traumas of rejection and accidents and things that you haven't dealt with, then anytime you start to move towards that direction, your survival brain is going to switch back on and say, no, that's dangerous. You can't go that way. You need to get back inside the safe space. And so when I learn how to do all the trauma release stuff, and with my goal being that I want to have the biggest identity possible, I want to know what I'm capable of or who I am without fear,

Warwick Schiller ([00:33:43](#)):

Boom right there. I want to know who I am without fear. That's to life work right there. Hey, I was just thinking how long have we known each other? We met at Equi days in when they were filming, keeping up with the KA was So when was that?

Amanda Wilson ([00:33:57](#)):

2014.

Warwick Schiller ([00:33:58](#)):

2014. Okay. So we've known each other eight years. So yeah, a lot of water under the bridge in eight years. When I met you guys at ICU days in New Zealand in 2014, I was asked to judge this. I was there presenting, but I was asked to judge this something or other called the, I was pronouncing it kaman, and I forget what I was pronouncing it. I didn't even know what a Kao was. And so if you guys listening, the Kamanu is the wild horse of New Zealand, and they asked me to judge this commando stallion challenge thing, and I'm like, what is it? And I go over to the arena and okay, they're going to bring these horses in and they're going to set up a little obstacle course or some sort of a thing, and you're going to judge. I'm like, okay. And the first one comes in and it's pretty damn basic. And I'm like, okay, whatever. And then the second one, they pull the stuff down, the next one comes in, they set some stuff up, and I judge that one, and I'm thinking, is this all New Zealand can do this guy's going to do much? And then after about the third one, while I was setting up maybe the one for the fourth one, I said, so what is a coir and why are they doing this thing? They said, oh, well, these were a 60, how long ago was it? 60 days.

Amanda Wilson ([00:35:18](#)):

A few months, I

Warwick Schiller ([00:35:19](#)):

Think a couple of months, two or three months ago. These horses were stallions in the wild. So they gathered all the wild horses and they try to rehome the mares, but people think stalls are unrehomeable. And this whole thing is set up to show that they are, they've since been gilded, and I'm looking like these were wild horses three months ago. And I'd already handed in some of my judges' sheets, and I had pretty average scores for what was going on, and I'm like, give me them things back. That was bloody amazing.

Amanda Wilson ([00:35:50](#)):

Yeah, I know. And my journey as a horse trainer in regards to the trauma work has improved vastly, thank goodness, because I was very, very basic back then. But yeah, it's a never ending journey.

Warwick Schiller ([00:36:06](#)):

So while I was judging that thing, there was a lot of cameras around, and I didn't realize what the cameras were there for, but it turns out they were filming a reality show with you and your sister, Vicki and Kelly. And so Kelly's been on the podcast previously. And so what's interesting is I met you girls. No one knew who you were, basically, except New Zealand horse people. You know what I mean? And so I want to talk a little bit about what I've come to term accidentally famous. When you're a kid and you dream of being a rock star, or if you dream of being the best rugby player in New Zealand or whatever, you know that you're going to be in the public eye. And so it's not a big surprise when you get there, but when you don't think you're going to have millions of people knowing who you are and what you do, and then you end up there, it's hard because there is no owner's manual for acts.

([00:37:12](#)):

Well, I don't think there's an owner's manual for being famous anyway, but being accidentally famous, there's definitely no owner's manual for. And I wanted to ask you a bit about how that's been, because

one of the things you said before about your show jumping was one of the reasons you couldn't compete well and stuff, because you are worried what people think about you. Now when you are show jumping, you've got maybe 50 people watching. If there's a big show, there might be several hundred people watching you. But when you get on a reality show and you're on tv, and tell me how that was for you.

Amanda Wilson ([00:37:45](#)):

We were fortunate in the sense that we were starting to become well-known in the equestrian industry. So we'd kind of been slowly exposed to being in the public eye. And then of course, when the TV show has been filmed, there's only two people filming you, so you don't tend to see beyond that. You don't see all the people sitting behind the TVs at home. So it was easy in that sense, but I do not have an issue with it now at all. But back in the day, I used to have a lot of anxiety and fears around what people thought of me. And I dunno, with the fear responses, you've heard of fight flight freeze, right?

Warwick Schiller ([00:38:31](#)):

Most certainly.

Amanda Wilson ([00:38:33](#)):

Have you heard of four

Warwick Schiller ([00:38:35](#)):

Of what? Yes. Yeah.

Amanda Wilson ([00:38:39](#)):

Fourth, the response. So it's basically conflict avoidance behaviors, people pleasing behaviors and

Warwick Schiller ([00:38:44](#)):

Whatnot. Yes, I'm very good at all of those. I'm well versed in those.

Amanda Wilson ([00:38:50](#)):

I didn't realize growing up that I was a major foreigner. So my biggest fears were fear of conflict, fear of what people thought of me and fear of people not liking me. And so you think, okay, well now you've got those massive fears and now you're in the public eye dealing with a wee bit of scrutiny because of course, not everything we do is going to be received a hundred percent by everybody. Everyone has their own opinions and beliefs. And so that was something I really struggled with. There's been some incredible opportunities come about through the TV series, and then there's been things here or there that it is just stuff we have to deal with. And at the time, I really struggled with that. And in the same way, if someone said something about me on the sidelines while I was competing, I would really struggle with it. Now, it doesn't affect me at all. It doesn't

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

At all.

Amanda Wilson ([00:39:40](#)):

No, not at all. And in the sense I have the ability to be like, okay, if someone is feeling that way, something has been triggered inside of them, so it's nothing to do with me, but sometimes it does have something to do with me. Maybe I didn't handle the situation well, maybe I could have done something better. So I'm not saying, oh, I'm not at fault, they're at fault. I'm saying, okay, I'm going to take this in. I'm going to internalize it and say, okay, was I right? Was I wrong? Do I need to change something? And if not, then I can say, okay, well, obviously they're not having a good day, or I've triggered something inside of them. So I still try to take responsibility if I've stuffed up on my side, but most of the time it's because you've triggered something in somebody else. And so then the issue lies not with what is wrong with me, but what is going on inside of them.

Warwick Schiller ([00:40:34](#)):

Yeah. I've found that I haven't been in the public eye quite like you guys have, because you're in a country, you're in a country, everybody knows who you are, pretty much everybody in the country you live in. But I'm probably more on social media. I'm relatively well known, and over the years I've had my detractors and looking back at some of the things I used to do, shit, I'd be detracting me now too. But over the years, what I have learned is not everybody who's a detractor is full of shit. Sometimes they're right. And you've got to figure out, you get enough people make the same comment, you kind of got to think, is it them or is it me?

Amanda Wilson ([00:41:23](#)):

And yeah. And it's like letting down your ego enough to reflect on what you've done yet. It's hard.

Warwick Schiller ([00:41:31](#)):

Yes. Yeah. So you guys did the TV show. Did you guys have to do a lot of interviews and stuff like that on radio or whatever after the TV show?

Amanda Wilson ([00:41:44](#)):

Bits and pieces? To be honest, I was quite worried at the time that we were going to lose our privacy. That was something that I'm very quite a private person in general, and actually people were amazing. We were able to go out and be recognized, but it wasn't overwhelming. We had a few radio and magazine opportunities come up. We were on some television short episodes, but for the most part, we actually quite like, we've managed to stay perfectly out of the limelight. So it's just a really nice balance, which I'm very, very thankful for.

Warwick Schiller ([00:42:28](#)):

Yeah. What's interesting about you guys? Like I said, I met you guys before you were famous. Let's call you famous. And I've told a lot of people, this is like, you're the same girls you were then it hasn't affected you in any way. You've stayed very grounded and very centered about the whole thing. And it can be quite easy to get all wrapped up in that stuff. You know what I mean?

Amanda Wilson ([00:42:54](#)):

I don't know if you can, well, maybe some people do, but I feel like if you work with horses, they are very, very humbling. So you start to think, oh, I'm doing so well. And then the next day you get bucked off or something goes wrong and you're like, oh, time to check myself. So I think there are times, especially when you're young, you can probably get a bit cocky about things. But I just working, I've got

20 odd horses, and every given day I'll have some horses work. Amazing. And then other horses just remind me to level back down. So I think it'd be quite hard to get to up myself.

Warwick Schiller ([00:43:33](#)):

Some days the horses make you think you know what you're doing, and some days they, some days they don't,

Amanda Wilson ([00:43:40](#)):

And you get a bit of confidence, you're like, yeah, I'm doing things so great. And then the next day the horse will be like, actually, I can't remember anything we learned yesterday. And I've decided I'm scared of the wind. And then you've just got to completely go back, reevaluate, figure out how you're going to address this and deal with it. And we were lucky. We grew up quite, I guess, poor and not with that many opportunities, but our parents were fantastic and so supportive. So I feel like we've had to work for what we've got. And I think if we'd been handed it and it was easy, then maybe it would've been easy to get coffee about it. But the reality is that there's a lot of work and a lot of failure and a lot of disappointment that goes on behind the scenes. And I think hopefully that keeps us a bit more down to earth.

Warwick Schiller ([00:44:32](#)):

Yeah, you've probably experienced it with maybe some others who have been handed a lot of stuff in your equestrian sport, and there probably can be a little bit of that ness in there

Amanda Wilson ([00:44:43](#)):

In the early years. Yes. But I think everyone starts, they get to a stage where they get humbled down.

Warwick Schiller ([00:44:48](#)):

You know what? It's funny, I think when we went to the water question games in, I can't remember if it was 2018 or 10, one or the other, but I remember having a conversation with someone about the other competitors, not at the Water question game, totally separately from that. I think it was someone from Australia, but it was something about they were talking, they're wondering about how bitchy it is at that level, because at the lower level, it's really bitchy. It's got to get so much bitchy. I'm like, no, it's a total opposite. Yeah. I find it good. Everybody has the utmost respect for each other. You know how hard it is to get here. It's kind of like if you're watching the tv, watching the news or watching some show, and let's say the most famous singer in New Zealand, well maybe see it on Instagram or something, but the most famous singer in New Zealand, he's hanging out, having a barbecue with the captain of the All Blacks all whatever. And you think, how cool is it? Those guys get kind of hang out together. But when you're at the upper level of anything, you have the utmost respect for somebody else at the upper level of anything because you know, didn't just fall into that. You know what I mean?

Amanda Wilson ([00:46:03](#)):

Yeah. There's definitely differences of personalities and opinion. You do have some not so nice characters at times, but yeah, you do. I just don't, the show jump has proven and every other discipline that you can have all the money in the world and doesn't mean you're succeed. There has to be work. You have to be clear about how you manage and how you deal with situations. There's got to be the sports psychology aspect. It all has to fit together as a puzzle. And if you neglect any of that, you could

buy a horse of \$2 million. But if you don't have all the rest of that to back it up, it doesn't equate to anything. So a lot of the people who are at high level in order to have sustainable results, they've done the work.

Warwick Schiller ([00:46:47](#)):

Yeah, most certainly. It also does help if you've got too many dollars to buy a horse.

Amanda Wilson ([00:46:52](#)):

Yeah, probably. But I think if we had the money, we wouldn't be where we are today. So I wouldn't change that for a second.

Warwick Schiller ([00:47:01](#)):

Right. Yeah. You guys had quite the, I'm not going to say wild upbringing, but you guys didn't have a lot of money, a lot of financial resources, but you made do with what you had. And I think it might've been in Kelly's first book. I think there was some stories in there about your childhood. You guys have a house got washed away and all sorts of crazy things.

Amanda Wilson ([00:47:29](#)):

No, not house washed away, but we were living in the first house we lived in. I think we moved up to, we lived in a little shed that was converted then we lived in the horse truck, we lived in an old jail house. We've lived in a cow shed and a Cal shed. We basically made due with the money that we had, which was very, very little, we bought ponies that cost between \$50 and a thousand dollars, and we learned how to produce them. My saddle that I won Pony of the Year in. So when I was competing Grand Prix, I had a \$16 bridle, a \$300 saddle, a \$50 jacket. We just used what we had. We were very resourceful with what we had. And then nowadays things are a little bit different. But again, I'm still resourceful with how I deal with my money because I have big visions of what I want to do with my show jumping and my horsemanship and life in general. So yeah, I'd say our lifestyle was feral and very, very cool feral, just like camping in the bush and riding ponies, bareback in the creek, and just so many feral fun adventures. It was so cool, but it wasn't always easy.

Warwick Schiller ([00:48:46](#)):

Yeah. You mentioned something earlier on about your, back in the day when I first met you, stuff like, oh yeah, my horsemanship wasn't that good, and I'm glad I've changed that as something or other. But the thing you guys always had was maybe you didn't have the technique, but you had a connection with the horses. And that goes a long way, actually, the first time I met you guys and what was the Palomino horse? Vicki had

Amanda Wilson ([00:49:17](#)):

Spotlight.

Warwick Schiller ([00:49:18](#)):

Spotlight, yeah. I remember talking to someone about, she doesn't seem to have any technique, but she can do all this stuff, but it just comes out of her, but I don't see how she does it sort of thing. And that's one of the really cool things thing about you guys is just how much connection you have with your horses. And I imagine as kids, you spent most of your time horseback, did you?

Amanda Wilson ([00:49:42](#)):

Yeah, a lot of time bareback and a lot of time just adventuring around the farm, riding them in halting lead ropes. So when you're sitting on horses like that, and you start to become quite attuned with them versus just hopping on a horse and a saddle, riding it for 20 minutes around and round in circles. So you learn what buttons need to be pushed, what different personalities, how they behave and what they can do.

Speaker 1 ([00:50:13](#)):

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Warwick Schiller ([00:50:32](#)):

Yeah, no, that's the thing I really loved about you. Now you're talking about your horsemanship, you said where you want to go with your show Jumping and your Horsemanship. Let's talk about that because you are a wild card for Road to the Horse next year, aren't you?

Amanda Wilson ([00:50:44](#)):

Yeah, I am next year now it's in six weeks, five weeks. Oh

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

Really? Oh, so what do you come over and compete in that? And then the winner of that is actually in Road to the Horse? Is that how it works? Yeah, really

Amanda Wilson ([00:50:57](#)):

The wild in Fort Worth, Kentucky,

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

Fort Worth, not in Kentucky, Texas,

Amanda Wilson ([00:51:02](#)):

Sorry. And then if you win that, you go to compete at the World Championships, which is in March, 2023 in Kentucky.

Warwick Schiller ([00:51:10](#)):

Who else is already in Road at the Horse? Do you know

Amanda Wilson ([00:51:14](#)):

The main event? I don't know. They haven't announced it yet. Oh, they

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

Haven't announced that yet. Okay. So do you know who's in the wild card thing with you?



Amanda Wilson ([00:51:23](#)):

I know I've seen them on social media, but I don't know of them.

Warwick Schiller ([00:51:27](#)):

Yeah, I don't know who's in it either. So have you done any specific preparation for that or just what you do? You're doing it all the time anyway?

Amanda Wilson ([00:51:37](#)):

Well, about five years ago, I was at Roger's Horse when Vicki was competing. And it was like the first time my eyes had been opened to this whole new world. I was like, oh my gosh, I want to do this. And so I actually shook hands with the organizer at the time and I said, I'm going to be competing here in the next five years. And so back then I knew my horsemanship was terrible compared to what it needed to be. But I had this vision of, in five years, this is where I need to be. So in the last few years, I always break in my own young ones. I break in the odd client horse as well, but I've just been experimenting and changing the formula. So I'll go outside and work with the horse, and I'll be like, that worked, but I know it could have been much smoother, and so I'll try something new.

([00:52:24](#)):

And I'd be like, Nope, that does not work, and I'll try something new. And I'll be like, oh, I love that. So I never, you know how some people, they learn something and then they just, because that pattern works, it just, they keep it the same. I'm like, it works, but I know it could be 10 times better. And so I strip it back down and I start completely new, and then I get to a stage where I'm like, yeah, that works. And then I strip it down. And so definitely in the last year is where I've really seen my horsemanship come together. And a huge aspect of that has been actually a carryover from the trauma work I've done with humans.

Warwick Schiller ([00:53:03](#)):

I'm right there with you, sister. Don't worry. Yeah,

Amanda Wilson ([00:53:06](#)):

It is fascinating because there's just so many. The fight, flight, freeze form, horses have these exact same behaviors. And when you look at the biology of the human when they go into a survival response, it's the same with a horse. When you are working with a horse, there's very subtle changes in their nostrils, their eyes and their breathing, the height of their head, and I can feel the energy off them as well. And so you'll go in maybe to pat them on the neck and suddenly leave five meters out. You just see them lift their head very slightly and their gut stops moving, stops breathing, and they've started to hold their breath. And I'll just pause and I'll retreat because I've put them into a freeze response. But in the old days, I'd be like, oh, wow, they look so quiet and I keep moving in and then suddenly that explode or that'd leap away.

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

And last year I was doing a horse starting clinic and a kid, she was a 12 year old, she bought her little pony that had a bolting problem. And so they were basically doing a restart. It had been very basically broken in, but then given to this girl, she had a couple of incidences where it bolted and she had quite a bad fall. And so I walked up to the horse, I got 10 meters away, and the horse was already going into a freeze. And so for the first I think hour that we just played really lightly, I just approached and retreat every time I hit that freeze layer, and within the hour I could mirror the side of the horse, but it was

telling me it didn't want me any closer. So we gave it a break. We came back after lunch, and I got to the stage where I could rub it all over, but I had to pause and retreat. Every time I hit that freeze layer. By day three, this little girl was trotting around on a bareback in a Holter. It was perfect, it was awesome. But someone had pushed through those layers and then of course you get a big explosion and then they say, the horse is bad, or the horse is this or that, but the horse warned you 10 minutes earlier or 12 meters out. So being able to pick up those subtleties has been profound in my own horsemanship journey.

Warwick Schiller ([00:55:07](#)):

What's crazy is along about the same time you've been doing it, discovering that and discovering how related it is to your own trauma work, I've been doing exactly the same thing. That's the secret sauce right there. That right there. Last year, the year before I had a clinic, and there was a lady had a horse there that she said before the clinic, she said, by the way, my horse hates men. He's had some really bad experience. He was actually a charo horse. And I dunno if you've ever seen what they do with the Chao horses over here, but it's pretty nasty, but it can be pretty nasty. And so I was aware of that. And so when I walked into the arena, he was on the arena. The gate was, there's a little man gate on halfway down the side of the arena, and this horse was on the other side of the arena when I walked in the gate, but like you said, from 10 meters or whatever it was, I started looking at him before I walked in the gate.

([00:56:06](#)):

And when I walked in the gate and I took one step directly towards him, he kind of gave a little snort and he kind of looked to the side like I'm thinking of leaving. And I just stopped and stepped back and I waited till he looked relaxed. And eventually it didn't take that long, but I eventually got up to him and said hi to him. He kind of sniffs and says Hi, whatever, but that's not the crazy thing. The crazy thing was after I got done there, I said, just hang with him a bit. And I went down the other end of the arena to help somebody else. And when I got done with her, I started walking back down the arena and this little horse that hates me and pricks his ears and looks at me and drags his owner across the arena to come over and say hi.

([00:56:47](#)):

Because it's like you saw all those little things and a lot of, I actually changed the name of my business last year from, yeah, I saw that to attuned horsemanship because for me it's all about that attunement, that sense of being seen, being heard, feeling, felt, getting, gotten stuff. And because for me, some of my trauma as a child was just from that was just being told to be obedient and not listen to those little things. So yeah, it's crazy. I had a horse, I just came back, flew back today from Ia. I did a clinic on the weekend down there and there was a lady there had a horse that's pretty shut down. He'd been like a western pleasure horse or something, so he'd been turned into a bit of a zombie. And the other, he's pretty shut down and on the ground he kind of pushes into her and you can't actually get into move off and around you.

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

And so I kind of went over and I was standing there and I reached up and I do this quite a bit. I call it scratching for connection, but I just reached up and started to scratch him on the neck. But before I did, I looked at his head where his eyes were, what his muzzles doing and everything, and I just started to scratch him on the neck. And as I did, his eyes just turned slightly away from me. Like, oh, what's this guy want? And I stopped and I said, now I'm going to do it again. I did it five times and the only thing I was doing was taking my hand away when he did anything. It's not about, I'm not shaping behavior at

this point in time. It doesn't matter if his eyes come towards me away from me. I did it four times in the fifth time I reached up and I was scratched him.

[\(00:58:17\)](#):

My head had been scratched him right on my shoulder, wither sort of area there. And as I reached up there, she said, oh, by the way, he never shows me his itchy spot and he doesn't really like being touched. And as I started scratching the fifth time, his little lip started to curl a bit and I stopped. And when I scratched the sixth time, I started scratching and his lip curled and his head went on the side and he was like, oh my god, that feels so good. 10 seconds after she's told me this horse does not have an itchy spot. And I said to her, he has an itchy spot, but he's not communicating it to you. You're not listening. He doesn't want to talk to you if you don't want to listen. And all I did was tell him I was paying attention little things. And what is so weird that you on the other side of the world, because I didn't learn this from anybody. It's not like I read this in a book, so I'm really like I'm jumping up and here kind of excited here because it was just experimenting with stuff and learning about trauma and my own shit. And what's weird is you're on the other side of the world and you're figuring out exactly the same thing. I think that's crazy.

Amanda Wilson [\(00:59:21\)](#):

Yeah, I had this, so I've got a K stallion this year and I've done the K in the past and I've never felt like I've really done injustice. And my approach has been really gentle. It's been really quiet. I've given them as much time as they need. And I had this thought this year where I was like, okay, I'm going to put myself in my horse's shoes and imagine that I've technically abducted this horse from its home and I've put it in this yard. I've taken it from its family members. And so I looked at it like, okay, imagine I was abducted by this guy and he sets me down on the couch in his lounge and leaves, and then he comes back a moment later and I am saying with my body language, no, no, stop. And he keeps coming up to me and he said, you're okay.

[\(01:00:07\)](#):

And he's rubbing me and he's like, you are fine, it's fine. I'm not going to be fine about that. Because he had neglected to listen way back there when I started to say please. And so now this year with the horses, my method last year was so much better, but it still wasn't where it needed to be This year. I'd walk into the yard and the horse would just do this, and that was same stop. And I'd be like, oh, sorry, my bad. And I'd hop back and then I'd give it a moment, I'd come back in and this time I'd always get in a little bit closer and then it'd be like, no, stop. And I'd be like, oh my bad. And suddenly, if you imagine I've been abducted and this guy is coming in and I'm saying, stop. And he is like, oh, sorry. And he leaves. Now you've got a sense of trust. But if he were to keep coming, even if he was lovely and he brought me food and he'd rubbed my shoulder, I'd just be so traumatized by it. And so the horse I have this year compared to any wild horse I've ever worked with is completely different. This horse is outward. Oh

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

Yeah, I'm clapping. This is the stuff right here.

Amanda Wilson [\(01:01:13\)](#):

And I like to think I did the best job I could with what I knew in the previous years, and this has taken a lot of learning and unlearning and trying to put myself in the horse's situation. But this year, this horse is, I feel like it loves me when it sees me in the paddock, it comes caning up and it wants attention all the time, and it'll look at me like this and then it would side pass into me because it wants its neck scratch

and we are constantly communicating. Whereas in the past, because I didn't know they were talking to me, I was not listening. And that's like a child, they can grow up in a home where everything's great,

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

But they're not

Amanda Wilson ([01:01:55](#)):

Listened to, but they try to speak up and they're not listened to and so they start to shut down their own voice. So that in itself, this is why I feel like the last year where I've had that biggest transformation,

Warwick Schiller ([01:02:08](#)):

You guys at home can't see me, but I'm smiling like a Cheshire cat. This is my life's work right now. That's exactly it. It's almost if get that bit right, it almost doesn't matter what technique you use after that.

Amanda Wilson ([01:02:25](#)):

Yeah, no,

Warwick Schiller ([01:02:25](#)):

Because they're like, yeah, whatever. But the other thing is I really think it doesn't matter what choose whoever's technique you want to use after that, but when you go through that stuff, you've just been talking about that level of awareness, it changes how you would use a technique. You are aware of those thresholds and you won't put 'em over thresholds. And I really think the right technique with the wrong intention is not the same technique or the same energy. So tell me about this. You're into doing stuff with energy with your horses.

Amanda Wilson ([01:03:09](#)):

Kelly is very much gone down that path to everything. But my method works so incredibly and I look at energy work and I look at what I do and I look at whatever, it often gets the same end result. It is a release, it's a release of energy. So the healing work and the fear release work I do is releasing the energy tied to our traumatic memories because without emotion, a memory is just you just feeling indifferent about it. It's the emotion that's the issue, not the actual memory itself. And so Kelly's energy work is also working to release emotion, and that's the same with prayer and meditation and whatever. So it is definitely something like I'm learning about my method just is so great and I love it and I think it's right for me. So I think this will always be the core of what I do, but I want to be open-minded. I don't even want to say I know everything and it's perfect as it is because I know it can be better. Yeah,

Warwick Schiller ([01:04:16](#)):

And I wasn't so much referring to say energy healing or anything like that, but you mentioned earlier on when you were talking about working with the horses, you said, and I feel then getting concerned. That's what I'm talking about, that sort of energy intuition type stuff. Not necessarily you're not doing reiki with 'em or anything, but you can feel when their energy changes, you can feel when they start to be concerned.

([01:04:45](#)):

So we now have a Patreon group for this thing. And so what we have from the Patreon group is they get to ask questions some of the guests. So we've got actually a couple of questions here from the Patreon group for Amanda Wilson, and I think one of 'em had to do that. So Bonnie Clark from Scotland, this is all the way from Scotland said, I wanted to ask Amanda Wilson about the energy work she uses when taping the wild horses and how they be used with domestic horses. What does she actually do? How does she do it? How can we all learn how to do it? She has some brilliant videos on YouTube. Do you have brilliant videos on YouTube or is she thinking about Kelly?

Amanda Wilson ([01:05:31](#)):

Kelly doesn't have videos on YouTube,

Warwick Schiller ([01:05:33](#)):

So let's continue on here. She has some brilliant videos on YouTube and I can sometimes feel the energy through the screen just watching. I do use energy work with my mayor, but I just watched how Amanda watching with Amanda looks. Superpowered. Is she talking about you?

Amanda Wilson ([01:05:48](#)):

I don't know if Kelly's had done videos on it. No,

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

Mate. I mean she says Amanda Wilson. Do you have videos like that on YouTube?

Amanda Wilson ([01:05:58](#)):

Oh, maybe just working with the stallions and stuff so Kelly can feel it in her fingers and she can feel like basic. So we call it buzzing you off. So when a horse is buzzing you off, they're telling you stop. They're communicating very highly that something's wrong. I can feel it in my body, but I wonder if a lot of it is a visual coming from a visual sense. When I was younger and I was learning about personal development, I read a lot of body language books. So I learned about how someone can sit with their arms closed and their shoulders hunch and it means something. And so when I'm working with horses, every little thing means something. If they're leaning towards me, the energy is positive when they're leaning away the energy, I can feel it in my body, but I'm possibly picking it up through my eyes.

([01:06:51](#)):

I'm not sure, but I dunno how to explain this. You just get the sense inside of you, a sixth sense where the horse, so I'll be working with it and I'll be sending it around the round out or going up to paddock and it won't have barely moved. And I'll say it's asking me to stop there and I'll hop back and it will just be because it's eye, just the very tight white of its eyes started to show, or a tiny muscle in its nostril started to pinch or it's just started to take its weight to the outside and then millimeters, tiny minuscule changes. But it's an awareness I've picked up over time that you start to be able to see that, which then you can predict about what's about to happen. Did Kelly ever talk to you about the book called Left of Bang?

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

Yes. Yes. She talked about left of bang

Amanda Wilson ([01:07:41](#)):

And the podcast.

Warwick Schiller ([01:07:42](#)):

Yeah, and I've read it since. Yeah.

Amanda Wilson ([01:07:45](#)):

Yeah. So when we're working with horses, we're working next

Warwick Schiller ([01:07:47](#)):

The bank, when you left the bank,

Amanda Wilson ([01:07:49](#)):

Whereas before the horse would buck me off and I'd be like, where did that come from? Where did that come from? Whereas now when I'm on their back, I'll start to feel the energy come up and it is usually because their head becomes elevated, their ears start to tighten. There's so many ways that the horses communicate with us ears, muscles, nostrils, height of their head, the way that their diaphragm is working. So when we can become of that, then it's a lot easier to guess or project what's about to happen.

Warwick Schiller ([01:08:23](#)):

I think in order to do that, you have to be present. You can't have an agenda. And I think that's where a lot of people have struggled with horses is they've got an agenda. They're not present, they're going to catch their horse, but they're thinking about they're going to ride the horse. And when I get done, I got to put dinner on for the kids and there's all this stuff. And working with horses, it seems like you and I are doing very similar stuff now. It's almost like a spiritual practice because you are just in the moment. You're not judging it. They're not like he's not being bad or whatever. It's like it's just communication and you've got to be helping people. At clinics sometimes it's hard because they miss a lot of things just because they can't be present around their horses.

Amanda Wilson ([01:09:18](#)):

I have this picture in the head, and this is an issue I used to have. They have this picture in the head of what it's supposed to look like or what they're supposed to finish the session on. So I'll go out with my horse and I'd be like, okay, my goal is to jump around this course of jumps, but then I'll start to trot and the horse will be dropping its shoulder or it'll be spooking and I'll be like, nevermind, we are not ready to go there. We are going to just stay here. And if this takes 20 minutes, then that takes 20 minutes because I know if I do the slow work today, then in the long run I'm going to have really fast results, but if I fast track this and skip this, I'm going to have all these major issues later on.

([01:09:56](#)):

So today I worked with my young stallion and I was like, okay, the goal, the dream, we'll call it a dream, right? Something I have no control over, but the dream would be I want to put the source on the truck. I got to the truck and he said, what the heck is this? And so I changed it and I said, I'm going to just do whatever he's ready for and getting rid of the expectation. I used to think, oh, I need to give my horse half an hour. It needs to be worked properly, it needs to get fit. Now I'm like, what does it need today? And it will tell me, I'll go out for a treat and it'll spook violently sideways and it'll be like, today it needs to learn how to develop curiosity and it needs to learn to face what it's afraid of. And so we're just going

to go and walk through the trees and walk around the shed where things are spooking, just let it sniff and figure things out. And then maybe the next day, because it's done all that work, now we're good to go. Or maybe it needs something else. But if I ignore the spooking or I beat them up about it, the next day we're going to have the same issue and the next day we're going to have the same issue. So addressing what the horse gives you is what you work with.

Warwick Schiller ([01:11:02](#)):

And I think that's what people have a lot of. I think most horse problems are caused by people not being able to do that right there not being able to be in the moment with no agenda. You can have a goal, you can have

Amanda Wilson ([01:11:18](#)):

A dream of the ultimate.

Warwick Schiller ([01:11:20](#)):

Yeah, I would like to get to that. But you're staying present. I call this milk and eggs. Yeah. I'll tell people at clinics like, okay, what grocery store do you shop at? What's a, you got Woolworths in New Zealand?

Amanda Wilson ([01:11:32](#)):

No countdown, I can countdown.

Warwick Schiller ([01:11:34](#)):

It's called Countdown. Well, countdown is Woolworths in Australia. If I was in New Zealand, I say, okay, so you ever go to countdown for groceries? And they'd say, yeah. And I say, okay, you ever write a shopping list? And they say, yeah. And I say, you buy milk and eggs and they go, yeah. And I say, so it's quite possible that you could have a shopping list, a piece of paper that says countdown at the top of it with an underline under it, and then under that it says milk, and then it says eggs. And they go, yeah, that's possible. And I said, would you go out to your car? And as you go to get in your car, you notice the front tire is totally flat and you think maybe I'll pump that up. Let me look at my list for today. Do I have tire pumping on my list? Oh no, I've got countdown milk and eggs. I'm going to countdown milk and eggs. I said, you wouldn't do that, would you? And they go, no. And I said, people do it with horses. I'm going to do this today. And the horse has got a flat tire, there's some problem here. And they go, oh, but that's not on my list for today. The left to right flying lead changes on my list today.

([01:12:33](#)):

And that's where people will think. Horses are difficult to train and it's a hard thing and you must be big and tough because horses do stupid things. Whereas really when you were talking about what you're talking about a second ago, I'm thinking that's the skill right there. The skill is a mental skill. This is not a physical game here. This is a mental skill being present, not having an agenda and being empathetic and aware, and that's the game.

Amanda Wilson ([01:13:01](#)):

So my kind unaware stallion before I left, I think I'd caught him five times with the Holter. That was a big deal for me. And I think the day before I left or something, I caught him in the paddock for the first time. So he was really green. I was away for a month during my trauma talks. I've been home two weeks and I've just been playing whatever he needed each day I was like, okay, one day we were just working on

touching his left shoulder. That was what he needed. Then today I thought, oh, I'm going to back him, because he felt like he was ready. His energy felt good, and I literally thought I would be lying across him and that would be the extent of my session. And I lay across him and his energy was so relaxed and I thought, oh, he's green lighting me.

[\(01:13:44\)](#):

He's saying I can do, so I ended up planking on him. He was still green lighting me. So I sat on him still green lighting me, and I ended up walking around turning, holding rain back in. And I say, that's like, you know what I said before, if you do the slow work now, you get the fast results later. And if you fast now, then you get slow results later, that's when you get your issues. So I've spent ages just doing the really slow, boring, whatever he needs, no agenda. And then today I got rewarded insanely because I was like, oh my, I had no expectation for him other than what he could give me. He gave me more than anything because we've just worked on the foundations and as a writer who completely neglected the foundations for a lot of the work that I've done in my life.

[\(01:14:32\)](#):

And then you end up having trouble down the track, you go to do a fly and change on them and you have to force it because they don't even know how it a halt to move the shoulder across. So you're trying to go at a canor, move the shoulder across to get the change, and they're just like, I don't know what you mean. So then you have to use more force. But if you get the halt so good where they can just go left and right on the ground on their backs, then when you go to the cantor, they're just like, yeah, I already know the basics of it. And that's where this last little while is. I've forgotten all about that out there. All the big grandiose stuff. And I'm like, what can I do for the foundations today? Because I know that when I get that sorted, that stuff will be so easy. Whereas I used to only be focused on that and I used to skip all of that.

Warwick Schiller [\(01:15:19\)](#):

Right. And can't. That's when horse training is hard. And you think horses are difficult and you must be tough or whatever. So I've got another question here for you from the Patreon people, and I hope this is the right Amanda Wilson, because she says Amanda refers to vibrations or energy fields quite a bit. And I'm very curious about how she came about learning how to recognize and what she's feeling and how she learned to work with energy. What does it mean to restore an energy field? Kelly, is this you? That's Kelly. I thought both of these were, when I read 'em, I thought, I don't think Amanda's doing Kelly's stuff. So sorry, that's from Elizabeth and sorry Elizabeth. We can't do that. Kelly,

Amanda Wilson [\(01:16:00\)](#):

I'll talk to Kelly and get her to start sharing a bit more because a lot of people are fascinated by that work. And Kelly's done work on my horses. I had a horse that I was asking the flying change quite messily. And when I would do it, he would anticipate it and just take off because I was very green and I was missing the foundations. And Kelly did some energy work on that horse. The next day I went and asked for a flying change and it was perfect. Wow. And that was months and months and months of issues. So the energy work is incredible and it has produced some pretty cool results,

Warwick Schiller [\(01:16:34\)](#):

Like the emotion code stuff.

Amanda Wilson [\(01:16:37\)](#):



So Kelly learned a wee bit 30 motion code.

Warwick Schiller ([01:16:41](#)):

So these questions were actually about asking things that actually Kelly is doing. So that's not your skill, that's Kelly's skill. But you do have a skill that I'm aware of. You are very good with accents

Amanda Wilson ([01:16:56](#)):

Sometimes.

Warwick Schiller ([01:16:56](#)):

Sometimes do. Could you do, if you could do six accents, what would they be?

Amanda Wilson ([01:17:05](#)):

Alright, so my name is Amanda. You

Warwick Schiller ([01:17:07](#)):

Don't have to do 'em yet. I just want you to tell me what they're,

Amanda Wilson ([01:17:10](#)):

I know you had to give them to you. Okay. I could do African.

Warwick Schiller ([01:17:14](#)):

Okay, let's go. South African? Yes,

Amanda Wilson ([01:17:17](#)):

American.

Warwick Schiller ([01:17:18](#)):

American. Okay.

Amanda Wilson ([01:17:19](#)):

Australian.

Warwick Schiller ([01:17:20](#)):

Australian. Okay.

Amanda Wilson ([01:17:22](#)):

Irish or Scottish? I can't. Irish.

Warwick Schiller ([01:17:24](#)):

Irish, Scottish? Yes. That's four. I need six.

Amanda Wilson ([01:17:28](#)):

Maybe Italian or some European.

Warwick Schiller ([01:17:30](#)):

Italian. Okay. I dunno.

Amanda Wilson ([01:17:32](#)):

Until they come about.

Warwick Schiller ([01:17:33](#)):

And then do you do a German dressage instructor?

Amanda Wilson ([01:17:37](#)):

Actually, I can try. I dunno.

Warwick Schiller ([01:17:40](#)):

Okay. So you like all my podcast question Guests choose some questions for me to ask you and I'm going to have you answer them each in a different accent.

Amanda Wilson ([01:17:50](#)):

Okay. I don't stick to accents. I change halfway through, but

Warwick Schiller ([01:17:54](#)):

Okay, let's try. We're going to start out with your South African accent, okay? Yeah. What is the most worthwhile thing you've put your time into? Something that you've done that's changed the course of your life?

Amanda Wilson ([01:18:05](#)):

Alright, so I would say that that would be definitely the formal work that I've begun about seven years ago and yet been truly influential on who I'm as a person and also the horse training that I do.

Warwick Schiller ([01:18:25](#)):

I didn't even listen to any of that. I was just listening to your accent. That's like going to breakfast in America. You're sitting at a table with a bunch of Americans and they all order, and when the waitress gets to you speak and they don't hear a word you said because they're just listening to the accent and then they've got to ask you to, yeah. Okay. That's your African accent. You said that again. Okay. How about your American accent? What have you changed in the, I got the giggles now. What have you changed in the past five years that's helped shape who you have become American?

Amanda Wilson ([01:18:57](#)):

Five years? Wait, what was that question again? What is something I've changed?

Warwick Schiller ([01:19:00](#)):

What have you changed in the past five years that helped shaped you who you have become?

Amanda Wilson ([01:19:04](#)):

Okay. So I would say that for me it's been mainly focusing on my horsemanship. It was after I went to row to the horse and I saw Nick Dowers and Vicki and a lot of people training and it opened up my eyes to how I want to work with horses. And so that has been going back to the foundations and figuring out what I was missing in order to move forward.

Warwick Schiller ([01:19:30](#)):

I told you guys, she's good at accents. Okay, so this one's Australian. What do you think is your true purpose in the world?

Amanda Wilson ([01:19:42](#)):

I would say, I dunno if I'm going to be very good at Australian. Australian, okay. I can't, I'm from Outback Australia. I would say that my purpose is mainly to help teach people more about horses I know. And also trauma work. I can't do Australian accent, I don't think I've practiced with that dingo. I'm from Outback Australia and yeah, I want to

Warwick Schiller ([01:20:15](#)):

Change the way we, the dingo ain't my baby.

Amanda Wilson ([01:20:18](#)):

Yeah. I want to change the way we look at horsemanship. I can't do that one. I'll work on it.

Warwick Schiller ([01:20:22](#)):

But it sounds like your purpose is to help people with their horses and the trauma and help. Okay, so that's my purpose. Get your own purpose. Do you know who Brene Brown is? Yep. Yeah. So one of Brene Brown's books I was listening to, she was saying that she used to only help women and children. She wasn't interested in helping men and boys. And then all of a sudden she had this epiphany, if we're doing nothing for men and boys, we're actually doing nothing for women and girls because that's where all the shit comes from. And I feel the same with the whole horse training thing. If we're doing nothing for humans' mental health, we're doing nothing for the horse's mental health because it's the mental health. And I'm not saying everybody's got mental health problems of some sort, but it's the mindset of people that creates the horse problems. And a lot of that comes from our trauma and the way we view the world and that sort of stuff. So I'm all over you with that, helping the people help the horses.

Amanda Wilson ([01:21:32](#)):

There's a good quote saying all horse problems are people problems fix the people to get rid of the horse problems.

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

Yes. So this one's going to be your Irish or your Scottish accent, you're not sure what it is. Yeah. In the past five years, what have you become better at saying no to

Amanda Wilson ([01:21:52](#)):

Ireland? Alright, so in the last five years, something that I've really worked on is setting boundaries for myself and also saying no to people needing to take up my time if I feel like I'm going to spread myself too thin and also saying no to myself before the conversation we had where we have an expectation and we want to achieve it, and it's saying, no, we need to go back and do what the horse needs. I used to have big goals and so I had to move fast to get there. And actually I ended up, I think I just went into America.

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

You just immigrated from Ireland to America right there?

Amanda Wilson ([01:22:29](#)):

Yeah, immigrated from Ireland and now where am I now? What's this? Oh, I can do English. I forgot about that one.

Warwick Schiller ([01:22:35](#)):

Oh well, we'll probably skip the Italian one. That question. So these questions came from Tim Ferriss's Tribe of mentors book. And that is a great question because a lot of times people don't realize they have people pleasing tendencies. And a lot of people, you ask 'em in the last five years, what have you become better at saying no to? They kind of look at you, I don't think I have, but you're, when you're on this journey, you start to realize that people pleasing tendencies is a trauma response.

Amanda Wilson ([01:23:13](#)):

And for me, I couldn't say no and I wanted everyone to like me, so I do whatever they are. Whereas now, my healthy boundaries of what I need, I say I would love to, but unfortunately someone will ring up and they'll say, I need you to break in my horse. And I know that if I take on that horse, my other horses are going to not get the time they need. So I'll say, unfortunately I can't, but these are some people I really admire and it would be worth contacting them. So you can set up yourself. So you're not saying no, you're saying no, but here are some resources that you could look at or here's a person who could help you, which makes it easier.

Warwick Schiller ([01:23:49](#)):

And the big thing is you're not saying yes just because you don't want to disappoint. I think it is so liberating. I think you and I have done most of our lives,

Amanda Wilson ([01:23:58](#)):

Is it exhausting? Trying to keep people happy is exhausting. I don't mind now whether someone likes me or not, but in the past it was just this constant panic and if someone didn't like me, I'd try harder. And of course if they didn't like me, no matter what I do, it's not going to change their opinion. So now I'm just like, they don't have to like me. I don't necessarily like everybody or I'm not fond of everybody. So it is just the realities of life.

Warwick Schiller ([01:24:27](#)):

A few years ago, three years ago, I think Robin and I were watching American Idol. It must've been during Covid because I'm never home to watch stuff like that, but we were watching American Idol and there was this kid on there, he was just amazing and kind of didn't know he was amazing sort of thing.

And they get to the top 10 where they do a concert in Hawaii, and then the next day they've got to come in front of the judges one at a time to get whether you're in the top five or not. And this kid came in and Lionel Richie said to him, he said, to be a star, you have to have equal amounts of self-confidence and absolutely no confidence in yourself at all, and you've got to keep it somewhere in the middle.

Amanda Wilson ([01:25:09](#)):

Is that so that you remain open-minded? But

Warwick Schiller ([01:25:12](#)):

Yes, you can't just have no, you want to get anywhere, but you can't just be so confident that you think you're the best thing since sliced bread. You've got to have both and you've got to kind of keep it somewhere in the middle and not get too close to either of them. And the whole, when you set 'em indigo about now, you don't say mind saying no to people, but you don't say no to people like screw you, because that's going all the way one way. But not saying no to 'em is all the way the other way. It's that thing in the middle. It's like Brene Brown, one of my favorite Brene Brown quotes is Don't shrink back, don't puff up. Just hold your sacred space. So shrinking back, shrinking back would be, I don't have time, but yeah, I'll do it. Puffing up would be get lost. I don't have the time for you. But then holding your sacred space, it's just, I'd love to help you, but no, I can't do that. You know what I mean? So you don't have that all timid sort of a thing, but you don't need to posture about it either. I love that quote of Brene bands. It's so appropriate to life, but it's so appropriate to horse training too. Okay, so you get to do your English accent now, are you going to immigrate from England to America or you're just going to stay in England this time?

Amanda Wilson ([01:26:28](#)):

I don't even know I'm struggling with this, but okay. I haven't done it in so long.

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

What quality do you admire in a person?

Amanda Wilson ([01:26:37](#)):

What quality do I admire? Okay, I'm England. I'm from England. No, that's

Warwick Schiller ([01:26:41](#)):

Irish. You know what? These are hard questions if you

Amanda Wilson ([01:26:45](#)):

Alright. No. Yeah. So basically I would say one of the most things I rarely admire in a person is the ability to be open-minded to say, I know this, but I know I can know more. And I just want to be in a place where I'm learning from everyone doing the best I can, but never saying I know everything. That makes sense. Good.

Warwick Schiller ([01:27:09](#)):

I was trying to figure out what part of England you were from. I couldn't quite pick your accent there. Yeah, I did an episode of the podcast. So I sent you 20 questions, you get to choose four to seven of 'em, whatever. I actually did an episode of the podcast where I answered all 20 questions. I asked the guest

the questions. And so I just did one episode on that and my answer to what quality of admire in a person, I said it has changed over the years. What it used to be was physical bravery because that's the thing I just didn't have. And I judged myself poorly for it and all that sort of stuff. But now I've come to realize that I did, I've talked about this quite a bit in the podcast, I don't want to go over it too much, but I went to a men's emotional resilience retreat a few years ago, three years ago or something, two years ago.

[\(01:27:58\)](#):

And there was all sorts of men there from very feminine type men to very masculine type men. And when it all came down to it, even the big scary guys were just scared little boys. It was like, oh, now I know that somebody who's a big tough guy is actually a little scared guy inside the big tough guy thing. So that wasn't a quality I admired anymore because I realized, not different than me, but on that podcast I said, the quality I admire now is people who are open and it's not necessarily open-minded, but the walls are down, you talk to 'em and they're genuine. They kind of let you in instead of holding you at a little bit of a distance. And that's something I aspire, that's something I aspire to because I still have those walls up there. But you meet people and you meet some people and they're just so

Amanda Wilson [\(01:28:53\)](#):

Closed,

Warwick Schiller [\(01:28:54\)](#):

No so open, there's no walls up, there's a light shining out of these people. They're

Amanda Wilson [\(01:29:00\)](#):

So beautiful. You can feel there in those sort of people's energies. So well, yes, it's such a beautiful

Warwick Schiller [\(01:29:06\)](#):

Energy and that's kind of what I admire these days and it's funny how it's changed. And so your last question, which is probably the question that everybody has chosen, which tells you the kind of people I have on the podcast, and you can do this in once you do a New Zealand accent for this one. Okay. Okay. What is your relationship like with fear?

Amanda Wilson [\(01:29:30\)](#):

I have an extraordinary relationship with fear now. In the last four years since I started this journey, I've released over a thousand fears, which sounds like a lot, but if you look at something like the fear of failure attached to that is the fear of disappointing others, the fear of letting people down, the fear of not being good enough, the fear of making mistakes and so forth. And so since I learned how to release fears, I've just stripped them away over time to the point now where I couldn't say what fears I have because I've gotten rid of everything I know is a fear. But as you go through life, you'll be in situations where you'll trigger things that you didn't know were there. But I have a very healthy respect for things. So getting rid of the fear of heights doesn't mean I go walk off cliffs. I still know my boundaries. I don't go hop on rogue horses. I don't go put myself in bad relationships, but I don't have the emotional triggers attached to old trauma memories that I haven't dealt with, which means that I used to have profound anxiety, used to have major mood swings and whatnot, and now my life is just very easy because I'm not having to be bombarded by getting angry or having anxiety or feeling hopeless or whatever. So yeah, very cool relationship. Is there fear?

Warwick Schiller ([01:30:56](#)):

I bet that's a level of freedom that's palpable.

Amanda Wilson ([01:31:04](#)):

It's insane. It is. Especially the fears around the fawning, fear of conflict, fear, what people think. Just getting rid of those fears were severely, but the amount of fears I've just gotten rid of to do with horse riding, fear of getting backed off, fear of losing control, fear of what people say about me, fear of jumping big offenses, flipping my horse, doing whatever. I was such a nervous rider. I would get frustrated really easily if things went wrong. I couldn't handle the pressure and now I don't feel like I'm having to force something and I don't feel like I'm having to battle against myself, where back in the day it was a battle, it was a struggle. I was trying to push through so many fears at once, and I felt like I was never winning, whereas now I don't have the fears. So it's just easy, which is, yeah,

Warwick Schiller ([01:32:02](#)):

Amazing. Like I said, it's got to be a level of awesome.

Amanda Wilson ([01:32:08](#)):

Yeah, so cool. It's so

Warwick Schiller ([01:32:09](#)):

Good. You mentioned at the start of the podcast that seven years ago or something, you were writing a book. What did you do with your book?

Amanda Wilson ([01:32:16](#)):

So when three books about emotional trauma, so the first one is finished, first two are finished, and I am setting up an online trauma course called Propel Trauma, which I've also got on Facebook, but it's going to have those two books available as eBooks, I think. But the third one that I'm writing at the moment, which is all the science behind my own Journey, that I'm going to send it to a publisher and see if it's of interest there. And if not, I'm going to say publisher.

Warwick Schiller ([01:32:50](#)):

Publisher. Are you into polyvagal theory?

Amanda Wilson ([01:32:55](#)):

I've briefly dabbled in it, but I dunno enough about it to have it.

Warwick Schiller ([01:32:58](#)):

Okay, that's your next rabbit hole because you're already doing it. It's, it explains why the things that you're doing are working. I started doing the same threshold stuff that you are working with now, and it was like stuff was happening off the charts at clinics, and I wasn't exactly sure why it was happening, but when I got into polyvagal and people had said, have you read anything about polyvagal theory? I'm like, no, because a theory and I want to know the facts. You know what I mean? But when I read about polyvagal theory after the podcast, I'll send you some links to some articles that are pretty short, but straight to the point. But yeah, polyvagal theory, you said about fa, so there's fight, flight, fawn freeze,

but before there's flight, there's friend and you look for social engagement. And if it's not available, then you go into fight or flight. And so when you communicate your awareness of those thresholds, your awareness of, oh, that eye turned slightly there, or that nostril just cringed up a little bit, you are communicating how aware you are and it slows everything down. But yeah, I'll send you some stuff on it, but polyvagal theories, when I got to understanding polyvagal theory, it's like, oh, that's why all this stuff works. Oh, goodness me. Yeah. So it was very cool. So if people want to know more about Amanda Wilson, how did they find you?

Amanda Wilson ([01:34:34](#)):

I'm on Facebook under Amanda Wilson. As for my horse work, my horsemanship and my show jump in. And then I have a page called Propel Trauma on Instagram as well. And that's sharing all my human trauma work and just moving into chemical stress and nutrition. And I will be setting up a website. I've got a website for Propel Trauma coming shortly, and then at some stage I'm going to set up a website for my horsemanship, but that will probably be another year or two down the track, trying to fit everything in.

Warwick Schiller ([01:35:06](#)):

Sounds like you're a busy lady, so there you go. Yeah. Propel as in P R O P E L.

Amanda Wilson ([01:35:12](#)):

Yep,

Warwick Schiller ([01:35:12](#)):

Yep. Propel Trauma.

Amanda Wilson ([01:35:15](#)):

Yep.

Warwick Schiller ([01:35:15](#)):

Perfect. Yeah, so people can go there and find out more about this stuff. Thank you so much for being in the podcast, Amanda, because the stuff you are talking about from start to finish, but there's going to be people out there who are like, oh, I've felt that way. It's the whole vulnerability thing. I felt that way, but didn't realize that other people felt that way. And when you were talking about the fear thing, the answer to your, what's your relationship like with fear, that was awesome because there'd be people like when you were talking about the things you no longer bother you, those things bother a lot of people. And knowing that there is a place on the other side of that is just that even if they don't get any help yet, just having you say that, and them realizing I've got that problem and she had that problem, and she doesn't no longer have that problem, so I could live without that problem. It kind of gives people hope. Awesome. Well, thank you so much for joining me. It's been a great chat. I'm not sure if I'm going to get to Road to the Horse to see you next year, but maybe I'll have to

Amanda Wilson ([01:36:29](#)):

Try this year. It's in six weeks.

Warwick Schiller ([01:36:30](#)):



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I know I'm not going to that one. You're going to win. Win that one. You're going to win that one. And you're going to go to the one in March in Lexington, Kentucky. Actually,

Amanda Wilson ([01:36:40](#)):

I might see you there then.

Warwick Schiller ([01:36:41](#)):

You might see me there. So thanks so much for being on the podcast. It's been a fun chat. Good seeing you again.

Amanda Wilson ([01:36:47](#)):

Yeah, thank you so much. It's such an honor. So yeah, I really

Warwick Schiller ([01:36:50](#)):

Appreciate it. And you guys at home, thanks for joining us on The Journey on podcast. We'll catch you on the next episode.

Speaker 1 ([01:36:57](#)):

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@[videos.warwickschiller.com](mailto:videos.warwickschiller.com). Be sure to follow Warwick on YouTube, Facebook, and Instagram to see his latest training advice and insights.