

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

You're listening to The Journey On Podcast with Warwick Schiller. Warwick is a horseman, trainer, international clinician, and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven-day trial to his comprehensive online video library. That includes hundreds of full-length training videos and several home study courses at [videos.warwickshiller.com](https://videos.warwickshiller.com)

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

G'day, everyone. Welcome back to the journey on podcast. I'm your host Warwick Schiller, and this is going to be a, a very special edition of the podcast. You know, in November this year, we have the journey on podcast summit coming up in which we'll have 22 of the podcast guests from the first year of the podcast, all presenting at one place over three days. And we've been having some zoom calls with those guys, you know organizing things and things like that. And what I, what I realized was talking to some of them that, you know, I knew that this podcast had kind of taken on a life of its own. It wasn't, it hasn't turned out to be what I thought it was gonna be. It's actually turned out to be way more than I thought it was going to be. And what I realized talking to some of the previous guests was that the podcast has actually had a bit of an impact on what they're doing.

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

Some of the guests were, you know, quite well known beforehand. And you know, so being on the podcast was, was, has not really changed much, but some of the guests being on the podcast has had quite an impact on their life. And so we decided what we're gonna do is go back and reinterview. Some of the podcast, guests who feel like they're being in the podcast has impacted their life in a substantial way. And so we're going to call these special ones. We're gonna call them the journey resumes. And today the journey resumes with Dr. Susan Faye and, you know, I had such a great time chatting with her when I had her on the podcast the first time. But this one here was, yeah, I can't wait you for you guys to listen to this. When we recorded it, I was just blown away by some of the stories she told me. And I'm sure you will be too Dr. Susan Faye, welcome to the journey resumed.

Dr. Susan Fay ([00:02:58](#)):

Oh, I am so happy to be here today. This is gonna be great.

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

I'm excited. This is gonna be, there's gonna be, you know, there was the two hours of conversation we had in the beginning was just, I don't know, touch just touching on the beginning of it, but so how are you?

Dr. Susan Fay ([00:03:14](#)):

I am doing fabulous and overly busy now compared to what I used to be. So thank you very much for that. I think, I mean, there's times when I I'm going, wow, I, I was so not prepared for that. You know, I was kind of in my last lane of life, you might say, and kind of cruising along and doing the best I could. And then all of a sudden things changed.

Warwick Schiller ([00:03:36](#)):

Yeah. That's, let's get back and revisit that, you know, it was funny. I, you know, I think I told this story and the, the first time we talked, but I was on a zoom call with someone from Texas and they were

asking me to come on a, you know, a group zoom call with some other horse people. And I said, oh, who else is on there? And, and, and this guy told me, oh, a couple of people that I knew. And then one name I hadn't heard of, which was yours. And he said, oh, she wrote a book called sacred spaces. And I'm like, why does that sound familiar? I said, hang on a second. I went out to the kitchen and, you know, I get sent a lot of books by different people. And I went out to the kitchen and on the kitchen counter was sacred spaces by Dr. Susan FA that had arrived the day before. And I don't think you sent that to me, did you?

Dr. Susan Fay ([00:04:23](#)):

No, I didn't. No,

Warwick Schiller ([00:04:24](#)):

You didn't send it to me. And so I'm like, oh, well, there's a, you know, and that's one of those quote unquote coincidences that happen in life. But that was, that's just kind of the start of the, the, the crazy story. Because then I posted on Facebook the next day that, Hey, I was on this zoom call with this guy and he mentioned somebody and I hadn't heard of him, but then I thought that sounds for me, went out the kitchen. There was a book there. And then you replied to my Facebook post.

Dr. Susan Fay ([00:04:55](#)):

Yes. And I, there's another backstory, which I think is just so amazing to this whole story, which I don't know if you know yet. And I can't remember if I put this on that post, that the night before I saw your post about talking about you finding the book and talking to this guy, I was having a conversation with the universe. And I was saying, you know what, I've done everything I could to get my word out. And, and I just don't know if I can keep doing this. You know, I've, I've hit a walls after walls, after walls to, you know, speak to people about this. And I said, if I am a supposed to do this, I would like a sign. Otherwise I'm gonna be happy doing some other job. And I will just focus on that other place and I'll do the best I can with, you know, my message in whatever job I'm doing.

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

But if it's supposed to be horses and I'm supposed to keep going, please let me know. And that was the 31st of December. And I believe it was the 1st of January when I got a message from a friend of mine. And she said, look, what is on war chiller's Facebook group? And it was your post about the book. And if that's not a sign, I don't know what is a sign. And, and it was, it was that point of my life where I was doing a complete surrender. I surrender everything. And I will not keep trying if, you know, cause I I'm thinking I'm living in the flow and if you are going against the flow and you keep pushing it and nothing is happening, then maybe you need a different little side river or little stream to go down. This was a huge river when you did that that post and it was, it was the turning point of me not just paddling up stream constantly and trying to get somewhere. It was finally, I was in the flow completely.

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

Yeah. So, you know, you replied to that post and you actually told me that story right there. And that's, that's kind of how you ended up on the podcast cuz I'm like, well, people have to hear not only that story, but what you're bringing to the world, but let's talk about cuz I didn't really ask you at the time you, how long had the book been out then?

Dr. Susan Fay ([00:07:26](#)):

It was out at least two years before it arrived on your kitchen table.

Warwick Schiller ([00:07:32](#)):

Okay. How was the book going? How was the, oh,

Dr. Susan Fay ([00:07:36](#)):

It was, it was great. It's doing great.

Warwick Schiller ([00:07:38](#)):

No, no. How then

Dr. Susan Fay ([00:07:40](#)):

How then it was, it was Soso. And the thing about what I did and, and kind of my philosophy behind a lot of this work is I don't advertise. And so I put it on Amazon and I told a few people and so a few people bought it. But I put the intention when I wrote that book, the energy behind it was I, this book will find the people it is supposed to find, and that was the whole thing. And then I had to go, you know what, I'm just gonna step back and just see what happens with that. And sometimes I think there's things called divine timing that something happened in the world between the time two years, where it was sitting there. And then when it found you that people started to change and look for different things and different answers, you know, we went through COVID and all these lockdowns and all these different things. And I, I think people were reevaluating their lives and that's when it had its opportunity. And you know, for you to come in and say, now's the time. And you know that, that I don't have words for how that works. Other than you do things and you step back and if your intention is there on them, you don't know how long that wait's gonna be, but you sit in that space and go, yep. I know it's gonna find those people.

Warwick Schiller ([00:09:07](#)):

Yeah. That's the, that's the secret right there. I love exactly the things you said in both those instances, the, the first one on, you know, December 31st, when you said, if I'm meant to be doing this, give me a sign like you surrendered, but you also surrendered when you wrote the book, you weren't like trying to shove it down people's throat. You're like, there it is. And if, if it's gonna help some people, they will, they will find it. I, I love that. I, I that's, that's kind of, what's got me to where I'm at now is, is just surrendering, going with the flow. And I might wanna talk a bit about that later on, but yeah, that, that, I, I just, I just love that. So, and we didn't go over this when we chatted the first time in. So when you said, okay, if this is gonna work, send me a sign. What were you actually doing at the time? And I don't mean the time you said that, but like, were you doing any clinics then? Were you oh, I was just gonna ask, sorry, before, even that, did you, self-publish the book.

Dr. Susan Fay ([00:10:11](#)):

Yes, I did. And, and there was a reason I, I researched a lot of different things and my father had written a bunch of books too. And so he started his own publishing company just for that freedom of no restrictions on your book or what you can say and what you can do from then. And I thought, you know, that's the easiest thing. You know, I'm not a big person for control, but I didn't wanna give it a way to somebody else who may not respect it in the same way. I, I named it sacred spaces for a reason because

this worked to me as very sacred and it just felt like it might get corrupted if I didn't self-publish and I didn't kind of keep it in there in that

Warwick Schiller ([00:10:54](#)):

Space. Yeah. You didn't want, you didn't want the message convoluted.

Dr. Susan Fay ([00:10:57](#)):

Yeah.

Warwick Schiller ([00:10:59](#)):

Well, okay. So then my next, sorry, my other question was, were you, what were you, what were you doing at the time? Like, were you, were you doing any clinics? Things like that.

Dr. Susan Fay ([00:11:10](#)):

Yeah. I would do occasional clinics here and there and, and help people with their horses. And, you know, I was, I was, it was not a full-time job for sure. And, and I think that's where I got to a point where, you know, I better grow up one day and have a real job and a steady income and all those things you're supposed to do. And it, it just seems like the horse world is, is tough. And especially for someone who's, I hate to say older and the way I look and the age I'm at, and it, it's not like you have a lot of credibility, you know, when people see you coming for a clinic, they're like, wow, look, you know, she's five foot one and you know, older and should we listen to what she has to say? And there was a little bit of frustration with that because of my background of starting horses on the ranch for years and years and doing all my own training and, and, you know, it's like, yeah, but I have this background and I, I know horses and I've lived this life and, and to not have a voice was really kind of tough.

([00:12:14](#)):

And, and you're up against all the other people doing the same thing. And, and so, yeah, it's a little bit hard to get noticed. And especially when you're talking about the things that I'm talking about, and what you're talking about now is you go and say, oh, something about the energy at the horse and people roll their eyes and look at you. Like you're a freak. And, and I remember one specific time, I was a friend of mine asked me to come and help her cuz she was gonna do a clinic on some body work. And she said, could you just support me at this clinic? So I went and, and she had probably 15 people and the last horse to come in was an off the track Arabian and the doors opened wide and this horse came in on its two back feet, screaming, its head off and it disrupted the entire group.

([00:13:03](#)):

Right. So she goes, Hey Susie, do you think you could help out over there? And I said, sure. And I, I went over and within a couple minutes, this horse is calm. And I thought everybody looked at me like I had done something horrible. They looked at me with, with, they were terrified actually as the only thought I had it, I thought, wow, they're gonna bring out the holy water in the crosses pretty soon. <Laugh> and they're gonna just banish me out of this place. And, and I found it so interesting that not a single person asked me, what did you do to have that happen? And I think back, if, if I'd just seen something like that 20, 30 years ago, I would've been all over that person going, okay, tell me what's the secret? What did you, what happened? What did you do that happened that quickly? And, and so there, you know, I'm fighting against that in a way where if you're different, you're not okay.

Warwick Schiller ([00:14:04](#)):

So I have, I have several questions about that actually. What, what do you think you said they kinda look like they were almost horrified. What do you think they were horrified about

Dr. Susan Fay ([00:14:19](#)):

The, I don't at the time? I couldn't imagine cuz it is like, I didn't do the typical thing, like move the horse's feet and send it in a circle and do you know, I didn't do those things that they were used to seeing happen to get a horse, to relax. And, and I can't say that it just, maybe it was so out of the norm that their brain couldn't rationalize it for some reason. And or was it a threat to them as a trainer? You know?

Warwick Schiller ([00:14:51](#)):

So that's what I was gonna ask you. Were they, were they trainers? What were the other people there? What were they,

Dr. Susan Fay ([00:14:56](#)):

There was the person that was hosting the clinic was a trainer. Yeah. And there were several people that were trainers that were there. So yeah, I, I, it could be a part of that. I'm gonna just guess, cuz you know, that happened several years ago, but at the time I was, I was taken aback by the look on their faces at me and I thought, wow, but I I'm such an unassuming person, you know, I'm again, I'm just standing there and I'm not trying to go, Hey look over here guys. I'm gonna do this special trick and everybody look at me, no, just go do your thing that you do. And you know, <laugh> to have that reaction is, is shocking. It was shocking to me.

Warwick Schiller ([00:15:39](#)):

Yeah, no I was thinking I was, think I was wondering where you were because I was in Morocco a few years ago when we went to the, the races at Casa blanket, which were the, there were Arabian, there were, I think there were thoroughbred races too, but there was half Arabian races and there was Arabian races and these Arabian racehorses yeah, the poor things are not living the best life. But I think if one of them was calm, they would think there was something wrong with it. So I was just wondering if it was, if there was that energy, they like you've ruined our perfectly good Arabian racehorse. He's supposed to be standing on his home legs and screaming his head off. I thought there might be a bit of that in it, but that doesn't sound like the case.

Dr. Susan Fay ([00:16:22](#)):

No, I think, you know, because we don't see a lot of Arabian at these clinics here in Colorado. We're real corridor horse focused. So yeah, it wasn't usually it's the, oh no, the Arabian is coming in. Right. And so there's a preconceived notion of what those, that horse is gonna be like. That could have been part of it. It's like, well, that doesn't make any sense that that Arabian would, would settle down pretty quickly and, and be okay.

Warwick Schiller ([00:16:51](#)):

Okay. So my first question was, if you could figure out what were they thinking, but my next question, I'm sure everybody else is sitting in there of their seat going ask her, ask her, ask her though, what exactly did you do?

Dr. Susan Fay ([00:17:07](#)):

Here's what I did. It's such a simple thing that everybody can do. I breathe and I go to a place of essentially, I don't know what I did with that horse as far as the energy. But what I do is I, I model for the horse, a state of relaxation. So I've gotta be able to do it in my body no matter what happens. I stick to that. So that horse is looking to me and going, wait, I'm not feeling good, but I'm feeling this energy from this being standing next to me, that is signaling something completely different than fear anxiety. And that being is in relaxation. And if you think of maybe wild horses, they're, they're going to look to some, you know, the herd leader for the signal of how to act in a situation. And so I'm thinking, okay, I'm the herd leader.

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

I'm gonna show this horse that there's nothing to fear in this space and I'm gonna hold that. And that's the, that's the hardest thing for people to do. I think is I go around teaching people is like, yeah, they can get to that space, but they can't hold it no matter what is going on around them. And that's a skillset that I love to teach people. It's like, yeah, we can find that space for a second. And then we get drawn back up by horses or the environment around us. And then we go back to whatever the environment is signaling us to be. And yeah, it takes a little bit of practice to stay calm, relaxed. And so I do it through a, a way that I breathe and I just keep going back to that breath and saying, you know, I can feel the horse sending me signals. Like my heart rate goes up or something for a second. And I notice it in my body and then I go right back go, Nope, not mine. And I'm gonna hold this space again. So I have to be very strong in that mental part and the emotional part and the physiological part to say, this is how I'm gonna hold this space no matter what you do to knock me out. So that's a, maybe a quick way to say it. But that's all you have to do,

Warwick Schiller ([00:19:20](#)):

Right? Yeah. You know, I, I don't know how many of the podcasts you listened to, but I had a, a guest on here a while ago as a friend of ours named Beth end stand. And she is a Equin assisted therapist, but she has what she calls the four awareness channels of any in, when you're having an interaction with another sentient being. And number one is what's going on with me? Mm-Hmm <affirmative> number two is what's going on with you? Number three is what's going on between the two of us. And number four is what's going on in the environment. And I have found that at clinics, most people that struggle with horses are very aware of number two or number four, what's going on with my bloody horse and the pigeons on the roof are causing it or whatever. You know what I mean with, with no, no awareness of what's going on with them.

([00:20:14](#)):

And then what's going on between the two of them. And this is what you are talking about. These are the most important parts. And what I have started doing at clinics with some people is I will have a four, 12 foot panels put in the arena in a little square and I will put the horse in the, in the little panel thing and just thread the lead rope out through it and tell him, I just want you to hold the lead rope. And I do not want you to have any emotional response at all to anything that your horse does. And I guarantee you, I can tell 'em that and they'll hold the lead rope. And the horse horse will start pouring the ground and they'll look down at it. And I can tell that they're judging it. Like, I wish you weren't doing that.

([00:21:00](#)):

And I said, what are you thinking right now? Like, oh, I was, yeah. And you know, and, and I have found be, you know, because I'm doing a clinic with horses, I can't say, okay, I want you to, we are just gonna put your horse away and we're gonna go and, you know, be present sort of thing. Right. I found it's an

easy way to, and usually that's all they do the first day is, is stand in there. And the changes on the second day usually are quite amazing, right? Once the person learns to control that part, which is what you, which is what you are talking about right there. And I think a huge, you know, you were talking about your breathing and stuff like that, but I think a huge part of that is being nonjudgmental. And it's very hard for a lot of people that might see an Arabian race horse coming on his high leg, screaming his head off to hold that lead rope without having some sort of attachment to the horse. They saw two minutes before, 10 seconds before, whatever.

Dr. Susan Fay ([00:22:07](#)):

Yeah. And, and you're so right. And, and part of my breathing is I'm doing a body scan through the whole thing. And I have people learn how to do body scans. What are you feeling now? Where do you feel the need for correction, the need for the horse to do something in particular. And a lot of people have trouble identifying and, and by recognizing where in their body that comes up, whether it be frustration, anger, I need this horse to do this. I need to correct. He's getting away with something you, you have to kind of become aware of where does that show up in your body so that when your body you feel that you go, oh, I'm, I'm in that mode of, I need to correct. Or this isn't right. Or I need to need to have control, or I need, have to, the horse has to do this now.

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

And, and people have very little awareness of, of that, of what their body is communicating to the horse. And they're saying, yeah, but I'm standing here and I'm not correcting him. It's like, yeah, but I can feel it. And I'm standing over behind you and I can feel that need to correct the horse. And if I can feel it, your horse can feel it. And, and I really, yeah. I really want people to start to, you know, this is, we all, I think doing a lot of the same work and, and we all have our little take on how we teach people to become aware and, and to notice. And, and a lot of times you know, trailer loading as you know, is one of people's big things. And it's really the human problem. A lot of times they put a need to on it and the horse goes, Nope, I don't the need to stops me from doing moving.

([00:23:45](#)):

My feet makes me get upset and people are going, but I don't have a need to. And it's like, again, I can feel it. I can be around that other side of the trailer and I will call out. It's like, okay, what you, what are you thinking now? What are you feeling? Nothing? And it's like, yeah, but there's something, you know, and, and really helping people refine their ability to know themselves. And this is what we lost somewhere along the way is how, how our body communicates with us and how we communicate with everything around us. And when we begin to have that awareness of what we're communicating, not just through our words, but through everything, not even just our body language, but through our emotions and our thoughts and all of that together, that's when we start to walk in the world in a different way. And you know, it's like, I would never give up all the time. I spent learning that skill set and people go, oh, well, it's too hard. I don't wanna do that. It's like, yeah, but you don't understand. It goes to everything in your life. It will change everything,

Warwick Schiller ([00:24:53](#)):

You know, a minute ago you said something like, yeah, well, you know, we, we're all teaching the same thing. We just have different ways of going about it. We are not teaching the same thing. You are so much further along than I am. It's not funny. And I'm just sitting here like so excited listening to this stuff like, yes, yes, yes. This is the, this is the, this is, this is like next gen, this like, you are like leading the way, cuz this is what I'm, you know, like at clinics I'm really trying to, to get to is, is just not a horse problem.

And you know, the right technique with the wrong energy intention, judgment in a landscape behind it is not the same technique. And it's all the right. It's all the unseen stuff. I've gotta get to a Dr. Susan Fay clinic.

[\(00:25:42\)](#):

I oh, no. This stuff. Yeah. So anyway. Yeah, because in the, when we had the first podcast, for the most part, when I have people on the podcast, I don't ask him about techniques. I don't ask him about, you know, like when I had Jim Masterson on the podcast on, you know, he's been on a few podcasts and he was sure I was gonna ask, so what do you do with the horses? I don't really care what you do with the horses. What I wanna know is how you got there. And that's what we did in the first podcast. But now I'm fascinated about techniques, what exactly you do with people. And that there kind of gave me a little glimpse in it and we'll get to that more in a minute, but okay, let's go back to cuz this, you know, this whole podcast has just taken on the life of its own.

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

I mean, I, I have people, I have a lot of spectators come to clinics now that come to the clinics to watch because of the podcast, not because of my YouTube videos or not really so much because of the horse stuff. Cuz the, the, the podcast has not really been about horses at all. A lot of people on here are quite a few people on here are horse people, but it's, it's not about, it's not about that bit. So I, you know, the podcast have kind of changed a bit of the, for me, the, like the audience at, at clinics. And so what I want talk about in this, the journey resumes sort of thing is, did, do you feel like the podcast changed maybe your range, your reach, what you do any of that sort of thing?

Dr. Susan Fay [\(00:27:19\)](#):

Oh, absolutely. And I mean that, that opened up to not just my local area, but really worldwide. And I believe everything you're doing with, you know, and there there's a bravery on your part to get out and start to talk about things that are a little bit out of people's normal range of looking for horse information. And what I found is this, this expansion of it is that people are starting to realize it's not just a technique, like you're talking about there's something underlying it that makes that technique work and people are starting to go, you know, I did it this other way, but it feels like there's something more and that's what they tell me. It feels like there's something I'm missing. And you know, if, if you and I can fill in some of those missing pieces I know those, those pieces for me, expanded not only my interactions with horses and my ability to train them with very little technique versus how I used to do it, but it's also expanded into my life.

[\(00:28:31\)](#):

And you know, the techniques that I use with the horses are, are I can plug them right back into everything I do as a human. And I think what, what you're doing, what a lot of us are attempting to do is expand humanities abilities, you know, to get us out of the box of what we think we are and to expand and, and really explore what could we do? What's our potential out there? What could we do if we just began to know ourselves a little better and this amazing, super computer that we have inside of us that connects to everything and we just don't have a user's manual for it yet, we didn't get that user's manual. So we're just flying blind and, and, you know, hopefully I know a little bit of the user's manual, but not a whole lot. And so, you know, whatever I can contribute to help people, you know, better use their super computer in their head. That would be great. <Laugh>

Warwick Schiller [\(00:29:33\)](#):

You know what I think, I think we used to have the users' manual.



Dr. Susan Fay ([00:29:38](#)):

Absolutely.

Warwick Schiller ([00:29:39](#)):

It's not that we never had the users' manual, you know, we've in the last, oh, let's go 10,000 years. Have you ever read a book called Ishmail

Dr. Susan Fay ([00:29:49](#)):

Mm-Hmm <affirmative>

Warwick Schiller ([00:29:49](#)):

Yeah. So that, that, that turn in the road we took 10,000 years ago. Yeah, I think somewhere around there we started to lose the, the user's manual. And then, you know, with the industrial revolution, we really lost the user's manual. Cuz we lost connection with nature itself, you know? Right, right. How long ago did you read Ismail?

Dr. Susan Fay ([00:30:15](#)):

It's been a really long time. Oh yeah. Since I don't have any time to read anymore. Thank you. <Laugh> cause, cause all I do is do this work, which is the most fabulous thing ever. But yeah, my, my days of reading for fun are, are kind of gone <laugh>

Warwick Schiller ([00:30:35](#)):

You know, that, that book. So Chris McDonald, mark Rashid's wife sent me that book. I can't remember if she sent it to me or she said, you've gotta read this book and I ordered it one or the other a little while ago. And I've only met Chrissy the once and it was at a mark Rashard Jim Masterson clinic. And I just hit it off with Chrissy. Like we like, have you read this? Oh yes. Have you read that? Oh yeah. And like, have you read this? No. Oh, I gotta read it. You know, it was one of those conversations and so when she said you gotta read this book, I thought you gotta read this book and it's one of those books. It's I think it's one of those books there's life before reading that book. And then there's the way you view life after reading that book it's yeah. It's yeah. There's a lot to think about in yeah, in that book. So okay. So these days you said something about it, it being in the podcast kind of opened you up to a different audience and you went from being kind of local to worldwide. Oh. You know, like nationwide and worldwide. Have you been where have, where have you been doing things? Since, since the podcast.

Dr. Susan Fay ([00:31:44](#)):

Oh geez. I've been all over from last year. I went, I touched my feet in the water in the Pacific ocean and then I touched my feet in the water in the Atlantic ocean and everywhere in between. So I, because I'm just me and I've got a ranch here and six horses and I'm in the middle of nowhere. It's a little hard to get people to come and take care of things. So I, I usually plan like one away clinic a month. So I just travel. I've been up in the Northeast and I just, haven't been down to Florida and Arizona, that area, Texas, I'm gonna come to Texas of course in, in November. But yeah.

Warwick Schiller ([00:32:24](#)):

Oh for the podcast summit. Yes.

Dr. Susan Fay ([00:32:26](#)):

Yes. And

Warwick Schiller ([00:32:27](#)):

Then it's gonna be a blast.

Dr. Susan Fay ([00:32:29](#)):

Oh, it's gonna be super fun. And then, you know, it's, it's funny that you end up in places like Nebraska, which you would think, oh, it's, it's kind of not real open and you find like people pockets of people that are so interested and so hungry for this kind of information and to do something different. And you know, it's, like I said, it's, I've been all over the country and I haven't traveled outside just because of COVID. And I, you know, if I got stuck in another country, I, my poor horses or my poor horse it or would be frantic.

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

Right. so are your, have you found that the clinics you have been doing instead of having to talk people into believing this stuff, they kinda show up that way already and you can get to go a bit deeper, a bit sooner, a bit easier is have you found that?

Dr. Susan Fay ([00:33:26](#)):

Absolutely. And, and after doing a few, you know, a couple years ago when I first, you know, started teaching more of this stuff that I do instead of trying to be normal <laugh> but this is normal

Warwick Schiller ([00:33:39](#)):

To me. This is, I was to say, this is normal. Yeah.

Dr. Susan Fay ([00:33:42](#)):

I'm like, you wouldn't believe this stuff. That's odd. I've, I've kind of make it a point that they have to have read my book in order to come and I will not advertise people say I'll put up a flyer for the clinic. I'm like, please don't they will find the clinic. They will come because they're interested in hearing this because the detractors, especially when you're talking about doing energy and, and trying to pay attention to energy, if you have a detractors in the audience, it can draw off and, and influence the entire session. And I want people that come to have the most amazing experiences without having to, for me to try to block off that other stuff that's coming in, that's exhausting. And it causes everybody else to be a little reticent, you know, at the clinic. And, and I want everybody that comes to feel like they can be vulnerable and they can be safe.

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

And we can talk about things that maybe you don't get to talk about or explore. And because we have it open like that, the horses can also do more amazing things and we can have these great experiences. So I've gotten down to where it's almost by invitation that you come to a clinic and that there's a screening process of the people that will be there and that they're on board with it. They can have questions, they can have doubts about it, but they come with an open mind and curiosity, and that is all that you need to have open mind, curiosity, and then you can have an amazing experience.

Warwick Schiller ([00:35:29](#)):

Yeah, that's so true. You know, I've been pretty open on social media and YouTube and stuff for quite a few years now about where I'm going. And I, I feel like the clinics have taken on a bit of a different energy. I did a couple in Australia just before COVID one in Australia, right before, right before COVID actually, I flew back from Australia into lockdown here. So that was March, 2020. And it, the energy there was like, it's like the energy you get when you walk into one of those, you know, 11th century cathedrals in Europe, like you just walk in there and you just feel the, yeah. The energy of everybody that's been there before sort of thing. And, and yeah, I've had a, a, I've had a number of those. So, but, but yeah, for the most part, I don't actually have people, you know, because I'm pretty open about where I'm at. I don't usually have people come to the clinic looking for the biggest stick approach sort of thing. So you don't really get people, you get, you get people who are very, very interested in what you're talking about rather than people who come to see you fail sort of thing. And, and you're right there, isn't, there is an energy to a palpable energy to that, and yeah, you can feel that it changes the energy of the whole thing and the horses can definitely feel it too.

Dr. Susan Fay ([00:36:59](#)):

Oh, absolutely. And I, I believe that's why I name my book sacred spaces because it's just what you're talking about, that, that feeling that you get in a space when everyone is in that frame of mind and that place in their body and at that place in their thoughts and, and their heart. So yeah. I, I don't know if you want, I have a little story and maybe I'm feeling like I need to tell you this story a little bit. I'm gonna make it shorter than it was, but

Warwick Schiller ([00:37:36](#)):

We have plenty of time. So you can, you can, I'd love to hear some stories.

Dr. Susan Fay ([00:37:41](#)):

Okay. This is, this is a story. When, you know, when I first started, I guess for me, it was hard to go out because of the pushback that I had had over the years about speaking about energy and people not really understanding, and because they don't understand, they're afraid. And so there was a lot of pushback over the years and it's like, oh, I'm just so tired of, you know, that's what really got me fatigued over the years was to push back. And, and when I started doing, you know, okay, my clinics are gonna be these people that come and, and everything was great. But then I started this one clinic and the first day was wonderful. And then the next day, the woman who was hosting, she invited somebody. She said, this person will be great to come. I think he would be open to seeing what you're doing.

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

He's doing this other, some similar work with people. And, and this might open his eyes to how the horses are, are assisting us in some of this growth in us. And, and so he came and what was interesting was this was another test from the universe. Are you strong enough to handle this? Now, the criticism, the pushback, and, oh my gosh, did it give me a test that day here comes in everything that triggers me as to go back to some of the ways I used to feel about myself and, and what I was doing, this person comes in, sits in a chair, slumps down, crosses their arms across their chest and gives me a look. And it's like, oh, the look of pure disgust. And like, I'm not gonna believe a word you say. So I'm seeing that. And of course, I, I feel energy. So I'm feeling it big time from this person. And, and I'm like, oh boy. And so I do my kind of intro thing. And then he says, you're so full of it. I don't believe any of this crap <laugh>

Warwick Schiller ([00:39:45](#)):

Is he a horse guy or is he like a,

Dr. Susan Fay ([00:39:48](#)):

No, he wasn't a

Warwick Schiller ([00:39:48](#)):

Horse guy. So he is like, is he a therapist or something like that?

Dr. Susan Fay ([00:39:51](#)):

Well, not really, but he had started a, a program for, he was helping veterans and okay. Okay. Okay. Yeah. So anyway, I'm like, oh God. And at that moment, here's, here's a man telling me again that, you know, all of my triggers, all of my triggers are there. And I'm just thinking I'm standing there and I'm thinking, oh my gosh, I wanna die. That's what I just felt that wave come over me again. It's like, God, I just want, I don't want this anymore. I don't wanna do this anymore. And I'm not trying to convince him of anything. And I just, I felt myself start to dissociate, which is my old thing. When people would start criticizing me or something, I just go to my happy place. And, and I spend some time there until it's all done. And then I come back and this time I go, oh my God, I'm watching myself like, oh my gosh, I'm gonna disassociate.

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

And I, I'm just trying my hardest, like, don't, don't stay in your body. Don't leave, stay in your body. And I'm like, what do I do here? And everybody is looking at me and I'm thinking, oh my God, I've, what am I gonna say? This is horrible. So I just start talking and I say, well, you know what? I'm gonna tell you what is happening with me right now. I really got triggered by what you said. And I'm feeling like this is my biggest thing is this rejection rejection of my thoughts, ideas, rejection of who I am. And I'm start to talk about to him. You know, just here, I'm gonna be honest with you. Here's what I, I wanna do. I wanna leave right now. I don't wanna be here. I wanna do this. And I, I started this big talk and I don't even remember what I said.

([00:41:40](#)):

Exactly. And, and while I'm doing that, we had these two horses that were gonna be, we were gonna be playing with. And they were just kind of wandering around in a really large area. And they had been off on their own doing their own thing. Well, what's really funny is that when I start to tell him this, about what I believed and, and he's still going, well, I don't get you, you know, and everything. And this horse comes in and she plants herself between he and I so that I can't see him anymore. And he can't. So she blocks it and she just stands there. And I'm like, well, that's odd. And I look over to a lady cuz I knew she did Equin assisted therapy. And she's like, oh my God. And she's like, you could see the look on her face. Like that's the most amazing thing.

([00:42:22](#)):

And I'm like, wow, this horse has my front now. And I'm talking and this horse is just gonna be like, we don't do conflict here at this thing. You guys figure this out between yourselves. And so we're, I'm having this conversation. And during it, I say to the guy, you know what, here's my, here's my trigger. It's rejection. I've just gone there. I was almost trying to dissociate. I'm gonna be honest with you with this. I am at the point where I can make a change in my pattern and I'm gonna make a change in my pattern today. Instead of me going away, like I'd usually do not saying anything, going home, feeling bad, maybe

crying, going, oh, you should stand up for yourself. You're such, you know, whatever that self-talk happens about, you need to do something different. I said, you know what, today I'm gonna break my pattern and I'm gonna stand here and tell you why I do this.

[\(00:43:16\)](#):

And as I'm talking here came the horse that came to the clinic cuz he didn't connect with people and I'm talking and telling this guy my truth. I do this for the horses and I may be the most unlikely person to be doing this work, but I'm gonna be strong today for the horses. And as I'm saying, this, this horse comes up. I feel the breath down my back. And then I feel him put his muzzle really gently, just over the top of my head. And he stands there. And at this point I look over to the equine assisted therapy person and she's like, her eyes are like, oh my God. <Laugh> and I'm thinking, you know what? Oh my God I've got a horse, got my front. I got a horse, got my back. I can do this work. Th I am facing the scariest person I've ever faced with the most rejection of this work that I'm doing.

[\(00:44:12\)](#):

And these horses have my front in my back. I better get my butt out there and do this and be strong and, and say, it doesn't matter because I got an answer. And I think all I said to the guy was, so what do you think just happened here? And he, and it was funny how that changed the thing. He goes, well, you know, I wasn't criticizing you. I was just asking questions and, and it was interesting cuz he left and he came back at, in and out during the, the session. But there was a fundamental change in him too. And that's where I think that, you know, we always think, oh, it's about us, but it's about us also being the trigger for somebody else. I don't know what I triggered in him to, you know, be a little hostile or whatever that was.

[\(00:45:04\)](#):

And, and then I knew I was getting a lesson in that, that space of, you know, do you wanna go forward? And if so you better get your big girl pants on and be able to handle whatever comes your way. And that experience gave me that strength going, you know what? I can do this. And I just wanna say that story just for other people because you know, whoever it is that has these challenges in your life, you have an opportunity when you recognize your pattern of behavior, is that to stop yourself and go, you know what? I could start a new pattern. I could change this way that I act and do something different. And boy is that the moment you have empowerment and it, you know, it took me 60 some odd years to do that. And, and hope I'm hoping that I can help people before their, my age. And they've gone through a lot of the, the training that we go through in life to try to finally get to what we're supposed to do. And that's probably speak our truth and be who we really are.

Warwick Schiller [\(00:46:07\)](#):

Wow. Thank you for sharing that. I was, I was thinking, I was thinking you're in the middle of that. I'm said I was thinking, I'm so glad you're telling this story because so many people have been in that same situation and gone to the same place as you were gonna go to. And you just basically talked them through how to navigate the inner landscape of, of that, that conversation with yourself. Yeah. And I'm, I'm a huge Brene brown fan and I love it when she talks about, you know, in situations like that, you don't shrink back, you don't puff up, you just hold your sacred space. <Laugh> right. Right.

Dr. Susan Fay [\(00:46:51\)](#):

And yeah. And, and for me that was, that was not easy, you know, spending a lifetime of being criticized and kind of being in the background. It's like, you, you begin to ju just go, you know what? It's easier to be in the background than to say something and be criticized. And, and boy, you know, that does not

lead to a good life. You know, you, you live a life of frustration because you, you don't speak your truth and you don't live fully and you can speak your truth in a soft, gentle way. And I think that's what it was that was different. It was never about yelling or anything. It's like, I'm gonna tell you where I'm at. I'm gonna tell you what's going on with me and I'm gonna tell you what I do and you can do without what you please. And if you don't like it, you can leave. You know, it's, it's not inflicting or imposing my views on anybody else. It's just going, you know, I have a viewpoint and it's okay because it's based on my experiences in my life and how I choose to live my life.

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

Yeah. That's so powerful that, you know, you didn't, you, you went to shrink back

Dr. Susan Fay ([00:48:01](#)):

Mm-Hmm <affirmative>

Warwick Schiller ([00:48:04](#)):

And I think like, for me, if, especially in the past, if I went to shrink back and then I decided I wasn't gonna shrink back, I would puff up

Dr. Susan Fay ([00:48:15](#)):

Mm-Hmm <affirmative>

Warwick Schiller ([00:48:16](#)):

There's that? There's that sweet spot in the middle where you are. Yeah. It's vulnerability. Like you just talked about right there. I have been watching, speaking of Brene brown, Robin and I have been watching a BNE brown show on, I think it might be on not it's on one of the, you know, it's I think we might get it through Amazon prime. I'm not sure, but she wrote a book last year called Atlas of the heart. And this is a, like a standup talk about emotions and the, what an actual emotion is. It's so cool. Like, she'll give a, she'll give the word, then she'll give a description. And then she will show movie clips from movie. We've seen, you know, forest gum, whatever of that particular emotion and it's oh, it's so cool. Because last night, so the, the, I think it was the last episode was about what she calls near enemies.

([00:49:19](#)):

And, you know, she talks about the opposite of things, you know, like say empathy, the opposite of empathy would be whatever it might be, you know, like instead of being empathetic, you are actually critical or whatever, you know, that's the opposite. That's, that's a far enemy, which he calls a far enemy, but the near enemy of empathy is sympathy. And they land about the same place as a far enemy. And I was watching that with Robin last and I'm like, oh shit, this stuff's hard. Like the subtlety of getting it right. And they did this role playing thing where, you know, shed someone come up on stage and they said, oh, I'm having trouble with my boss. And she went through all the different scenarios of trying to fix it and trying to dismiss it and trying to yeah. And it was, yeah, it was so cool to watch, but it's like, oh God, this stuff's hard.

Dr. Susan Fay ([00:50:13](#)):

Oh, it's definitely hard. And, and I think we're, we're taught to, to push back and we're taught to do the far end, you know, whatever it happens, we're, we're taught to, you know, put on the thing and just go

at it and, and, or to go internal, right. I mean, the horses do the same thing. They're either gonna fight you or they're gonna go internal and shut down. And, and I mean, we do the same thing, but that middle ground is the, the place to be where there is no pushback. There is nothing to push back against. And I think that's what, you know, I, I, I kind of know, I think what, what she's talking about as far as those contrast in the, the emotions, like your far enemy and your here's your, your place. And you know, a lot of what I'm trying to teach people here is like, okay, everything has an energy, right?

[\(00:51:09\)](#):

Everything that we do, every thought emotion, and to really go into your body and go, you know what, first of all, I have to identify, what do I want this horse to do? And what, what would I want him to feel like? And, and again, I was talking about, I'm gonna model it for him, but I've gotta know what I'm modeling. If we don't know what that emotion is, and we don't understand it. And we can't, first of all, operationalize it by, oh, this emotion has this in it, that, in it, you know, this other, okay, all these components of that, how are we gonna be clear to anywhere anybody or anything, or even to ourselves, if we don't know, and we're not familiar with that emotion and we've straight away as society. And, and even in the schools, you don't talk about emotions. You don't talk about those things. And those are the most important things, you know, it's

Warwick Schiller [\(00:52:08\)](#):

How do you feel? Yes, it's, it's interesting. You know, I think like in schools or whatever, we don't talk about emotions. And then when people have say a lot of emotions that overwhelm them, I think the next step is working on strategies to stop that emotion from doing that particular thing. And then, but then the next step after that is being able to sit with those emotions and see where they're coming from. And I think that's, that's when the work really begins, you know, like Robin, you know, she's had everybody knows. Robin's had anxiety for quite a long time and, you know, used to be the goal was to work on things, to stop the emotion. You know, like when mm-hmm, <affirmative>, she gets anxious to work on making the anxiety go away, whether it's breathing or whatever, but the next step is sitting with those emotions and, and trying to figure out where they're coming from. And I think that's when you get to where you that's, that's when you get to where you start to solve the real problem that's causing the whole thing in the first place, instead of just mm-hmm, <affirmative> working on alleviating symptoms.

Dr. Susan Fay [\(00:53:27\)](#):

Right. And, and I'm kind of in that place where too, you know, once we know what they, what we're feeling, all that is like, what do I choose to feel instead, and be able to have that skill set to go, okay, I'm gonna choose this instead of that, I'm gonna recognize it's coming up. But what would be another way I could deal with this? What would replace that? Or, you know, without ignoring that thing, it's like, why am I feeling that? Oh, wow, let me think. You know, just like in that moment, when I, I could watch what I was doing and be the witness of, of what was happening in me at that moment, that was my opportunity for changing. And that's when I said, you know what? I'm gonna choose different. And until we get to that awareness of what's going on and what, what it is, we can't do the change because what we'll do instead is stuff it down or ignore it or whatever, and is still knocking on the door going, Hey, I'm still feeling this somewhere deep inside. And if you don't open the, you know, address that it's gonna get stuck in your body and it's gonna cause you to be sick. And, and that's a lot of my PhD research was about emotions and, and health. And what happens to us when we kind of ignore that, excuse me. So I'm, I'm very much about awareness all around and choices. And we do have, we have choices, but it's a skillset.

Warwick Schiller ([00:55:01](#)):

Right? So do getting back to the, the man you were talking to when, after the horses came up to you and, and you, and you said something to him and he said, oh, I wasn't, I wasn't challenging you. I was just asking questions or something, or other was you feel that that was a true clarification of what was going on, or he actually was challenging you. And what you said to him almost was like Obi one Canby in, in the, the, the restaurant or the bar scene in the original star wars. When the, when the two star storm troopers come over and he kind of waves his hand and he says, there's nothing you need to see here or whatever. And they turn and walk off. Do you think, do you think that's what happened? Like you actually voodoo him

Dr. Susan Fay ([00:55:47](#)):

<Laugh> yeah. I, I, I think so. Cause I I'm totally about that, that star wars piece. It's like we do have the force and, and the way you you use it, it, it just like in that movie, it's like, it wasn't about, oh, here, pop up. I'm gonna, you know, do this. No, here's the statement. And here's what I'm doing. And the, and the, a way that it's delivered in the energy with which it's delivered is what causes the, the change in that person. They have to go, whoops, I don't get to do my old pattern. You know, you just interrupted my pattern of I'm gonna go on the aggression and I, or I'm gonna be feeling pretty good because you covered underneath that thing that I did to you. Right. Which was, I think his pattern and he had done that to a lot of people.

([00:56:37](#)):

And, and I was one of the only people that called that bluff, I guess, and he didn't know what to do with it. So any point of confusion in either side of that is going to be the opportunity for another thought, another way to deal with it, to come in. So he made changes in his life after that he recognized what was going on and we are really good friends. It's, it's like, it's funny after that, which seemed like such a horrible confrontation. I like for me anyway, it's like, oh, I hate confrontation. And, oh, here I am in the midst of it and having to, to do something and, and what the resolution of it was so beautiful because I think just like you're talking about that energy came in and it changed both of us fundamentally in that moment. And that opportunity for us to both look at stuff that was in a inside of us that we hadn't fully explored. So I, I, I hope that, you know, I got just talking here and then I'll sudden like, what, what am I talking about?

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

<Laugh> oh, no, whoop. I can't believe you were gonna, you started this con this part of the conversation with, oh, well, it's, I won't, I won't keep you long. Like, Hey, every part of that conversation, every part of that story, right there is so relevant. I mean, so relevant. And so you even know the backstory, don't you, like, you were still in contact with this, this gentleman. Oh,

Dr. Susan Fay ([00:58:10](#)):

It's, it's really here and there. I mean, I don't talk to him on a regular basis, but I was doing a clinic at that same location and, and he we were coming down the hill during lunch break or something and he, he was there to see somebody and she goes, oh, Dr. Fay, Dr. Fay. And it's like, come here. And, and he's giving me a hug. And he's like, very like totally different person. Like, oh my gosh, this is, this is so wonderful. And I had done some other different things with helping him out. I had gone in and like, got a message. This, this is gonna sound really weird, but when you do energy, energy is energy and it doesn't



matter what, and I had done this kind of little reading thing with another lady with his permission. And I, it had come through in this reading that I kept saying, well, I see this native man standing in front of me.

[\(00:59:06\)](#):

And he has one feather. I said that it's like really strong, this native presence, one feather, one feather. And then I said something. And I, during those, I don't have recollection of what comes through. I told the woman, here's the message of, from the guy with the, the one feather, you know? And, and so she had told him that, and what happened was, she goes, this is the weirdest thing. He goes, well, I was just at this person's Memorial service. And his family afterward gave me a little beaded bracelet. It was one that he wanted this guy to have. And he says, look, look, Dr. Fay look, look. And he shows me his bracelet. And, and it has one feather on it. And it was from his native American friend that passed away. And, and I'm like, oh, this stuff is crazy. And I don't, I don't consider myself a, you know, talk to dead people or whatever, but sometimes the energy of something lingers, or you, you pick up, if you're, if you're sensitive, you pick up information.

[\(01:00:15\)](#):

And especially if you're talking to somebody, you pick up something and it's like, oh, okay. That, that inner debt of intuition that I talk about, I tap into that. And it's like, okay, well, this message is supposed to be for you. And here you go. And, and I think that was one of those things. It was whatever that message was that I had told the woman to relate to him. And it's like, it was, it was profound. It was whatever. And, and so that changed our relationship too. It's like, there, there was a deep caring and, you know, I, I really truly wanna do what I'm supposed to do in this, this world. And it, I don't consider myself a healer and I, I don't really think of healing. I don't heal horses. I, I allow everybody to heal themselves. Whether it be people or horses, I just hold the space or I do.

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

I just follow directions. Let's just say that I follow directions from wherever they come from. And I just go ahead and do whatever. I'm, <laugh>, I'm a good girl. I do what I'm told. And, and it's like, wow, this is really cool that if it happened to heal this person, it has nothing to do with me. I'm just a little messenger or conduit or something like that. But same thing with horses, you know, I don't go in with the intention. I'm gonna heal your trauma. I just go in and hold that space. And then whatever comes up is does. But I say, Hey, horse, you have innate ability to heal yourself. As we, as people do too. That's our lost knowledge. That's that piece, that ancient piece that we lost from somewhere that we forgot, we could do it. We have abilities. We don't even know we have.

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

And, and so, I don't know, I just feel like I'm going with the flow. We kind of talked about this in the beginning. I'm just going with the flow. And I'm, I'm deciding to live my life a different way than I even, I did a few years ago where, you know, if something doesn't feel right or it's really hard, I'm gonna explore. Why is that? And maybe I'm not supposed to go down that route because that whole need for us to like, make something happen. We don't know if that's the right thing for us or not. So I've noticed just in my own life, going with the flow, amazing things come up. I mean, amazing conversations with you come up. Amazing people come into my life and, and I could not have orchestrated that if I tried, if I tried to go out and go, mm I'm gonna contact that person.

[\(01:02:45\)](#):

And then I'm gonna keep contacting them until they contact me. And then we're gonna have this conversation. It's gonna be real. Oh, no, it's not. <Laugh>, you know, it's no, we, my intention, like when I do, I guess, you know, manifestation, I don't really do that. But what I wanna manifest is how do I

wanna feel, how do I wanna live my life? And that's what I wanna manifest. And whatever comes into my life then will support that feeling. So I don't have to go out and say, I need this thing and I need that thing.

Warwick Schiller ([01:03:19](#)):

Right. Okay. Okay. Okay. Okay. I gotta talk. I gotta, I gotta tell something. Uhoh <laugh> so, oh, 12 years ago or something or other, oh, no. At least 12 years ago. Maybe 14 years ago. I listened to the, it was a, it was a, it was an audio book on CD at the time, which was the secret mm-hmm <affirmative>. Okay. And I was scrolling through YouTube on our TV the other night, looking for something interesting to watch. And the movie, the secret came up. I'm like, I don't think I've ever seen the secret movie. I've only listened to the book. And so Rob and I sat and watched the secret movie, and I was like the, the, the, the big part I got out of it. And I was thinking of thinking of you when it came up, was the emotion part, like to, to manifest stuff, you have to have the emotion you're going to feel when it's already happened.

([01:04:21](#)):

Mm-Hmm <affirmative>. And I was thinking about you two, cuz I know when I had you on the podcast first and I was like, okay, okay. This whole getting a horse to do something through a mental picture thing, you know, blah, blah, blah, blah. And you had said that there's gotta be an emotion attached to it as well. The emotion almost delivers the message, that energy of the emotion. And I was watching the secret the other night and I'm like, oh yes, that's that's that's it. That's yeah. It's it's just anyway, join some, join some dots for me.

Speaker 3 ([01:04:54](#)):

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Dr. Susan Fay ([01:05:11](#)):

Oh, Y yeah. You know, years ago I watched the secret and, and I saw a lot of things coming up about, you know, here, we're gonna manifest this and people, the intensity that people would do, you know, it's like I have to have this and I've made my list and I've done these things and I'm doing everything I'm supposed to do to get this manifested. And it's still not manifesting in my life. And it's like, DIA, here, you're in, you know how, yeah. How much you need that to happen. Right. What, and, and what do you think you're gonna get from that, that, you know, because really what they're looking for is, is how they're gonna feel once they have those things or what they believe they're gonna feel like once they have those things. Right. And so they think, well, in order to be happy, I need, you know, big car, big house, you know, perfect lover, whatever those things are.

([01:06:08](#)):

Right. And they think, well, that's gonna bring me what I want, but really what you want is the feeling behind it, the emotion. And that's where I manifest from. I wanna manifest my day from, I wanna feel this today, or I wanna feel this in my life. And then what that does, because when you say that I don't put a need on it. Well, you know, so if something doesn't meet those requirements, I'm going through the day and it's like, Hmm, wow. I'm feeling something in my gut and it doesn't feel good. And I just don't think I'll do that then. You know, there's some things we have to do just to survive, but I'm talking

big picture things like I have this thing I have to go do. I don't feel good about it. Maybe I shouldn't do that. Is it going to enhance that feeling or is it gonna detract from it?

(01:07:09):

But yeah, this is hard. This is about, see, I don't know if I can really explain it, but when I started to manifest from the place of, I wanna feel relaxed and I wanna feel like, you know, joy or, and I recognizing that there's gonna be times when I don't feel joy and be okay with those too, because those are, I'm gonna immerse in, like, this is a really awful situation right now, but it'll be done soon. And then I'll go back and feel that other thing again that I've manifesting what happened was it, it's interesting how, when I started to manifest from the idea of how I wanna feel and how I wanna live my life, things that I could not even have imagined have come into my life. Like if I tried really hard to manifest an interview with wars Scher, it would, it wouldn't have happened.

(01:08:07):

Right? no, I just manifested, I wanna feel this people, people embrace these ideas and I feel like I go with the flow and I mix, you know, out there doing this work and I feel good about it every day. And it it's, it's helping both me and the horses and the other, like it's all in that really wonderful give and take. And everybody gets something reciprocal from what I'm manifesting. That's when I think we're manifesting from a soul level where it's not just our individual needs are being met, but that we're going beyond what our need is as a human and, and going, what do we have to give back? And when we give back, then what do we get back in return? It's like tenfold. And especially when you see with horses, it's like a lot of times we'll do a trauma. We're gonna go, oh, we're gonna look at your, your trauma and, and help you, you know, support you through this. And then the horse will come over to you and go, Hey, I'll work on that place on you. So I, I kind of got off topic on this as far as the manifesting, but I just wanna really go to don't manifest things per se, but manifest feelings

Warwick Schiller (01:09:18):

And

Dr. Susan Fay (01:09:20):

Maybe that's the easiest way to

Warwick Schiller (01:09:21):

Put it. Yeah. That was the thing that I don't remember from the secret listening to it is that is the emotion part of it. You know, you talked, I mean, about going with the flow and just, you know, just allowing things to happen. And, and if things kind of get tough, you go, okay, maybe I'm not supposed to be doing this. And I I'm really conflicted about that. Not, not with you with me because my life is absolutely amazing. It's, it's wonderful. And it's all come about from saying yes to opportunities that come up. And if, you know, just going with the flow, I'm not much of a planner, you know, Robin's the planner, I'm not the planner, whatever, but what I've come to realize is there is some, there is some character development mm-hmm, <affirmative> that happens because of hardship.

Dr. Susan Fay (01:10:30):

Oh, absolutely.

Warwick Schiller (01:10:31):

And I feel like you know, I'm 55 and I feel like I've got to this place in life by avoiding all the hard things, when things get hard, I go, okay, that's not my path. And just go with, go with the easy option. And I feel like there's parts of me that haven't developed properly because of that. So it's, it's kind of a, yeah. You know, it's, it's kind of a double edged sword sort of thing. Yeah. It's all well and good to it's all well, and good to turn loose and go with the flow. I've always, I've always done that, but yeah, I've, I've, I've come to realize, I think I need to like set some challenges for myself that are gonna be quite challenging just because I, you know, it's not like I'm trying to manifest things to be different or whatever, like materially or, or whatever. But, but internally I think there's some, some parts of me that haven't fully developed yet because I haven't had some of the struggles I probably should have had, but right. No judgment though, either because I wouldn't be doing what I'm doing if I hadn't have, you know, like, I dunno if you ever heard of Peter Crow, but Peter CRO is a, you know, who Peter CRO is.

Dr. Susan Fay ([01:11:50](#)):

Yeah.

Warwick Schiller ([01:11:51](#)):

You know, he says everything is exactly how it's supposed to be. Right. And yeah. So anyway, that's, that's, that's something that plays in my mind quite a bit when people talk about, you know, going with the flow and stuff like that. I, I, I think it depends on what your early life was like, but I, I, I just don't think I have had enough challenges to develop parts of my character that should be developed. So, yeah.

Dr. Susan Fay ([01:12:23](#)):

And, and maybe I need to clarify because you bring up a good point. It doesn't mean that I don't go for challenges because I embrace challenges. And, and, and like you saying, you, you want challenges for growth. And so I will put myself in positions where, okay, I'm feeling like maybe I'm not up to this task or here's this challenge ahead of me, but I'm gonna do it for the reason that in the end, I'm gonna feel that sense of accomplishment, that sense of getting through an adversity. So I'm not avoidant of adversities and maybe that's where, like, in the flow thing, I, I need to clarify, like I will put myself up against a big challenge. Like, wow, I don't know if I'm up to well, I'll just use the, the summit in, in Texas as an example. It's like the first thought was like, oh, hell no, you know, I, oh, no, you know, and I'm going, my body's saying, oh no, you, you know, and then I'm going, Hey, great opportunity for growth.

([01:13:33](#)):

Right. So because what I, what am I going to get? So I'm gonna look beyond that initial thing that says, well, don't do you know, you're not up to, to that and go, you know, what, what is the payoff after I do that? What will I grow? Or how will I grow if I do this thing that makes me feel a little bit uncomfortable, a little bit out of my com, my wheelhouse, maybe, perhaps. And, and so there, I think that's what you're talking about is these, these challenges then, and going, you know what? We have adversity and because we have adversity, we grow, we have an opportunity for growth. So I, I wanna like, maybe clarify that going with the flow is like, it's not about avoiding everything, but it's about avoiding the need for control, to need for you to control the situation and into what you think it needs to look like and feel like, and go, you know what, just gonna do it.

([01:14:42](#)):

And let's see what happens. And I, I like to, I guess with sometimes with manifesting, it's like, there's so much certainty in it. Like I want this and I want that. And I am at a place where in my manifestation, in my flow, I wanna be surprised. <Laugh> I want to have something unexpected happen, whether it's

good or bad, but it's gonna be information. And it's like, oh man, I won't do that next time. You know, but you know, I'm not gonna avoid the, the, the struggles. And I have had a Nu numerous struggles in my lifetime. And maybe, you know, when I talked about originally about the 31st of December was I think I reached my limit of, I don't think I can do another one. I don't know if I'm strong enough and maybe it was just about, I need the second wind. I need a, I need to reframe this or, or do something different.

[\(01:15:44\)](#):

But yeah. Adversity is, I hate to say adversity is great. And, and just going, going back to, you know, some people, adversity, breeds, resiliency, and, and all of those things like that. And I, I think about that when they talk about the greatest generation was, you know, my father's generation who went through the depression and they faced extreme adversity and the growth that happened in those people afterwards was amazing. We now don't have enough adversity. We become a little bit soft as humans. It's like, we need that struggle. We need to experience that in order to grow and, and yeah. Get getting back to that whole, going with the flow. It's like, it's a complex idea of like how I do it. It's like, again, not, not avoiding things, but just going, you know what, at the end of this, even though I'm going through the rapids right now, I see the clear space on the other end, and it's gonna be smooth sailing for a little bit, but not, we can't have a life that's just smooth sailing. That's not very much fun. I look forward to adversity.

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

Yeah. That, wasn't when I said about that, that wasn't an accusation of you. That was just no, no, just talking about me and I've realized that yeah, I, I have, I've skipped out on some of those, those challenges because I've always shied away from 'em mm-hmm <affirmative> and so, yeah, so I've later on in life, I've started to, to figure out things that might be challenging and kind of steer towards them.

Dr. Susan Fay [\(01:17:23\)](#):

Yeah. and just, just a real quick note, cuz I have people come to my clinics and they go, this is so hard. And I go, yeah, but it's gonna be worth it when you get through it, it looks hard right now. And, and those challenges with your horse, it's like, I wouldn't tell you to go down this path unless I'd been there. And, and I'm gonna know that you're going to experience the same challenges along the way. They might not be as extreme as mine were, but you know, embrace that. That's the process. And I think that's what you're talking about. Like for everybody, it's the process of our growth as a human.

Warwick Schiller [\(01:17:57\)](#):

Oh yeah. And the, and the, the challenge. See, I think, see that's the thing is I think we are, we're all wired differently. And so all our challenges are gonna be different. And so some of the stuff that say I do, that's not challenging for me. People think that's challenging. Mm-Hmm <affirmative> and they, and they tend to think, oh, you can do that. So you must be something different and I'm not. It's like, no, my challenges are just different than your, like people that come to people come to clinics and you get talking to 'em about what they actually do for a living. And I'm like, oh my God, I could never, you know, like you're amaz I, I, I think to myself, you're amazing. I could never do like, like emergency room doctors and emergency room nurses and people in high stress situations like that all the time. I am not cut out for that. You know, I, I, I, that would just overwhelm me. I would just get completely, you know, I I'm, you know, I think being, being shut down most of my life, which means not having a lot of available energy, those sorts of things that's helped me with the horses because it's not like I'm a doer gotta be physical I'm I can wait forever. I'm pretty, yeah. Patient.

[\(01:19:18\)](#):

But I think it's not, you know, it's not, it's, it's not it's not a skill. It's actually one of the things that I don't want to be negative, but one of the things that, you know, probably detrimental about me, but it works well in that situation. You know what I mean? It's, it's not, you know, some people have struggle with the doing nothing. You know, when you shut down, it's easy to do nothing. You know, so yeah. So it's, it's, you know. Yeah. I think some people struggle with the just being present. Oh, I struggled being present, but you know, just having no expectation. Mm-Hmm <affirmative>, you know, that that's that sort of thing. So I, yeah, I, I come the rambling now, but it's it's, I mean, I think everybody has, has attributes that make some things easy and attributes that make some things hard. And it's a bit like, so Sarah slot, who you're gonna meet at the, the podcast summit, she, when she was on, she talked about coping privilege. Have you ever heard of coping privilege?

Dr. Susan Fay [\(01:20:26\)](#):

No.

Warwick Schiller [\(01:20:27\)](#):

So coping privilege is, so she talks about she's a trauma therapist and she talks about, you could have two brothers raised in the same household, had all the same things happen to them. And one of them, because of the trauma he suffered, it makes him want to achieve things. Mm-Hmm <affirmative>. And so he ends up a CEO, but his brother ends up a drug addict, but it's just the way they're wired to cope with their trauma. Neither one is good or bad society views it that way, you know, but look at the CEO, like he's a good guy and look at the other guy, he's a bad guy. And the reason they're doing both doing that same thing is, is for the same reason. And I think it's the same with same with, with, with us, you know, like we, we wired a certain way or our traumas cause us to be a certain way. And sometimes those ways are helpful to us. Mm-Hmm <affirmative> in some ways they're not. And so, yeah, I think it's just a bit like that.

Dr. Susan Fay [\(01:21:23\)](#):

Yeah, absolutely. And I, I think, yeah, you see it in the horses too, as like their coping mechanisms for, you know, people go, well, remove that from the horse. You, I want that gone. It's like, no, that's his coping mechanism to deal with this situation that he's in every day. I'm not gonna take that away from him or ask him to let go of it. He needs that.

Warwick Schiller [\(01:21:46\)](#):

And yeah, that's, you know what, that that's sorry to interrupt there. But I was just thinking it's I was talking to someone recently and they were saying that they had been a, I think they were jumping rider and they had this horse, they, this young horse that they bred that they couldn't catch. And so they had this horseman come over and, you know, they said within half an hour, oh, so took him an hour and a half to catch him. But then, you know, he had him caught and then he flagged him all over and was picking up all four feet and he was good. And I'm thinking, yeah, you know what, if you don't understand how, you know, if you don't understand polyvagal theory, if you don't understand how the nervous system works, if you don't understand that, that in polyvagal terms, that would be high dorsal vagal term. That's, that's a freeze response. If you get a horse, you know, a horse that hasn't been handled at all and you can't catch it, but an hour and a half later, you catch it and then you flag, it said he flagged it all over and was good. And then you picked up all four feet and it's like, I kind of cringed when I, yeah.

When I heard that, whereas, you know, seven or eight years ago, I would've thought, yeah, that was really good. So it just, you know, mm-hmm, <affirmative> depends what your understanding of

Dr. Susan Fay ([01:23:07](#)):

Right.

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

Of things are. And I think, you know, like you said about coping mechanisms that when you, you know, I think in the horse world, there is, there's a group of people whose horses are all anxious and outta control and doing all sorts of dangerous things. And so, you know, they're in the sympathetic nervous system and then mm-hmm, <affirmative> the next step is you, you learn how to get rid of all that. And now my horse is very obedient and under control and stuff, but you don't realize that now they're, you know, now they're in their head a bit they're in that, that shutdown state. And then on the other side of that is the place where they don't feel the need to have coping mechanisms. And that's, you know, you think about when you were talking to that, that gentleman at the clinic and you were, or, sorry. No, let's go back to the Arabian horse where, you know, the horse came in, you know, before any mammal goes into fight or flight or freeze, they search for a friend mm-hmm <affirmative>. And I imagine anybody else on the end of the lead rope with an Arabian that's standing in this high league, screaming and rearing would not be able to offer that, that friendship, that connection. Yeah. Like you, you, you said, you kind of said, you know, he's modeling leader behavior, but I'm not even sure you're modeling leader behavior, just modeling, modeling, modeling,

Dr. Susan Fay ([01:24:43](#)):

Coping,

Warwick Schiller ([01:24:45](#)):

Modeling that I am open to, you know, I'm, I'm good in this situation and I'm open to sharing that with you sort of thing. Yeah. And that's a that that's, you know, until I think until you get to, when you, what am I trying to say when you finally get to the point where you understand that the first thing they look for is friendship before fight flight or freeze mm-hmm <affirmative>, then you gotta learn how to offer that. And a lot of times that's holding space and a lot of times that's where the, the inner work comes on because you, you can't be triggered by the information they're giving you either want to be defensive about it or shrink back from it, or yeah. It's

Dr. Susan Fay ([01:25:31](#)):

Yeah,

Warwick Schiller ([01:25:31](#)):

It's complicated.

Dr. Susan Fay ([01:25:33](#)):

It is. And, and to, to what you're saying, it's that, you know, that need of the horse to connect to another being and to have that connect, you know, camaraderie or, or look to that other being it's like that's to our advantage in the training of horses, is there they're gonna be looking for that connection. And, and a lot of the exercises I do are about, okay, if, if he's standing over there and he's afraid of something I'm

gonna be in a space and I'm gonna be just talking away. And I know he's dying to be in this space with me because he don't wanna be standing out there on his own. Right. And so I'm gonna be creating, holding that space. And then pretty soon his fear is overcome by his need to be in that space with another being. And if that being is safe and non-judgmental, and all of those things that that's such a grand opportunity for that horse to go, wow, look at you. I can, I can overcome my fears and be next to you in this space. And boy, does that feel good? So yeah, it's a whole different philosophy or way of looking at that training and, and desensitizing, which I don't do you know

Warwick Schiller ([01:26:54](#)):

You know, it's, that whole desensitizing is funny. I mean, I, I did it for years and I thought it was absolutely necessary.

Dr. Susan Fay ([01:27:02](#)):

Mm-Hmm <affirmative>

Warwick Schiller ([01:27:04](#)):

And at the time you couldn't have told me any different <laugh>. Right. but yeah, it's, I, I do very, very little of it these days and I wouldn't even call it desensitizing. Really. It is, it is actually sensitizing. It's actually teaching them how to respond to that particular thing, not how to not respond to that particular thing. Mm-Hmm, <affirmative> yeah, almost, almost shutter at the word a bit these days, but

Dr. Susan Fay ([01:27:34](#)):

I know it's a lot of things I sh shutter at as far as what's done to horses, knowing what I do now, and, you know, it's just, it's when you're dealing with a new being that's coming into this world and, and its brain is developing and you are just, I'm just so much more conscious of like, what is happening at this stage of the development and what's happening there and what can it deal with and how do I, how do I teach in this stage? And, and all of those factors now that really weren't talked about in, in training horses, it's just, you know, put 'em in the round pen and run 'em right. And then you'll do these things and, and then you desensitize 'em and then everything's fine. Well, clearly everything isn't fine, or you and I wouldn't have a job. I'm dealing with the horses who are not fine with the way things went down in their life and how they were trained. And the same with people. I mean, you look at what people have been through in their life and their, their damaged, because of some of the stuff that has happened and the way things were dealt with. Just not necessarily because people did it intentionally, but because they just didn't know.

Warwick Schiller ([01:28:50](#)):

Oh yeah. That's, that's the thing, when you start getting into like trauma and stuff, is you have to understand that a lot of, a lot of big traumas, not little tea traumas are actually were inflicted by people who thought they were helping with horses. Yeah, sure. Horses and humans, you're talking about developmental stages right then. So we've got three horses here that we've bred and have only ever been here. And I started with the, you know, consent sort of work with them. You know, the oldest, one's three, we've gotta fall on the ground. Now he is about four months old and they're completely different than like, they're not worried about anything that they're not, they've never been desensitized to anything, but nothing bothers them, but they're not, they still have the, the feel of a horse anyway, a while ago, someone commented on or sent me a message or something on Facebook and something to do with their horse.



[\(01:29:55\)](#):

And they've, they've got this horse that they rescued from some or whatever, and they're going through all this connection sort of work with and stuff. And they said, you know, I'm not sure. So my, our oldest fo is chance and the next one is Rupert. And I think that I got this message before bohi the new one was born, but the message said, you know, I'm not sure I'll ever get this horse to the point of having the absence of mistrust, like Rupert and chance. And I was like, that's it right there. It's not, what's been done to them. It's what hasn't been done to them. They have the absence of mistrust and I'm like, well, that is a great line, the absence of mistrust. And so we've got a, a stall that we Robin bought several years, a couple years ago now, who was a raining horse and surrounding horses are very trained to be very, very obedient at the best of times.

[\(01:30:50\)](#):

And this horse happened to be trained by someone who kind of treats him like a machine. And so he was very, very shut down. And, and, you know, he's kind of out of the shutdown now, but I was thinking the other day he has so Rupert and Sherlock, oh, Rupert, she Rupert and chance have an absence of mistrust this horse while fully functional. You can do whatever you want with him has an absence of trust. Right. He still kind of is waiting for the other shoe to drop sort of thing. Mm-Hmm <affirmative> and like he didn't use to spook or stuff, but then when we got him outta his shell, then he started spooking at things. And when he spooks at things, something bothers him and he goes to spook at it, but then he gets scared of the trouble he's gonna get into for spooking. You know what I mean? Right. And yeah, I just, I was thinking the other day about the absence of mistrust and I was thinking about him, I'm thinking, yeah, he just has an absence of trust. I mean, he's functional, mm-hmm <affirmative> right. But it's, there's a lot of undoing if you can ever, mm-hmm, <affirmative> undo that, you know, certain, certain traumas I think are unravel. You can just make them as, as good as they can be. You know what I mean? Right.

Dr. Susan Fay [\(01:32:09\)](#):

Right. And, and I think, you know, I, I look at my horses too, and there was there's that absence of mistrust cuz they, I wouldn't even know. I mean, if, if any of them did anything that was like, not about, oh, here, you know, I wanna be with you and I wanna do these things. And you know, I, I see that and it's like, wow, this was not that hard to do. You know, I, I had a whole lot of horses at the time on the ranch and it's like, I just hung out with the FOLs in the field and we did stuff and I, it, it never ended up that I had to do, like you're talking about, I, I didn't have to desensitize 'em because their environment and the way that I was with them never brought up that need to mistrust somebody or mistrust themselves. And yeah, it's I always thought, oh God, this horse training's easy. And then I see the other people having trouble. It's like what happened to these horses

Warwick Schiller [\(01:33:10\)](#):

To

Dr. Susan Fay [\(01:33:11\)](#):

Create these situations when they come out and they're gonna be, they're gonna be pretty much okay. You know, as long as, you know, at a, a good environment and loving and caring and, you know, interactions and all those things that would be normal for normal development of the horse. And we just put our horses in such abnormal situations and then expect them to figure out how to cope with it. Whether it be treat, you

Warwick Schiller ([01:33:39](#)):

Know, what you said, something, you said something right then that I was thinking about the other day loving it. You said something about loving and caring. I think someone can love and care for a horse and still do it all wrong.

Dr. Susan Fay ([01:33:54](#)):

Oh, absolutely.

Warwick Schiller ([01:33:54](#)):

<Laugh> you know what I mean? See it other time, the best of intentions or, you know yeah, the, yeah, I think I, I, yeah, I don't think loving and caring is enough. Absolutely. You know, there's an old saying that, you know, the, the there's an old saying that says, you know, they don't know how much they don't care how much, you know, until they know how much you care. But I think there's a step further than that has to do with, so what's the saying, the sayings, I don't, they don't know. They don't care how much, you know, until they know how much you care, but I don't think that's it. I think the next bit would be, but they don't really care how much you care, unless you can communicate your awareness and how present you are or something like that. You know, it'd be something like that. Right. Because you see people out there and, and they, you know, they might love their horses deeply, but the, the, the way they are with their horses, they're not in their body, they're in their head. Right. That just sends horses into kind of a bit of a, a shutdown mode around them. And it's, it's very low level shutdown mode and it's very subtle, but it's still, it's still there. Right.

Dr. Susan Fay ([01:35:17](#)):

Right. And I maybe it's like, I should use the term supportive because my, my thought of loving and caring is different than what I'm encountering. Like you said, out there in the horse world, I love my horse. And it's almost like a smothering kind of love or a restrictive there. There's so many different kinds of love. And, and it's not a pure energy for most people. They attach something else to it. Yes. A need or yes. Something else to it. And so a lot of times people will come to me and say, well, I let's see, what does, what energy do you wanna work on here? Let's, let's create this energy. And they go, oh, I'm gonna do love. And I'm like, Mmm, we do everyone. But that one for that very reason, because they go, well, I, I was out in the field and I, I sent love to my horse and it, its eyes rolled back and it took off and I'm like, yeah, what did you put on that? <Laugh> right. You know, it's like, that was a pretty heavy dose of love. And, and it had a lot of, I need you to come to me or else I'm not validated. Yes. I need, you know, or, oh, it's, there's rejection in LA, you know, there's all those things. So yeah, the fact that I said that after like, oh no, I said that word. No,

Warwick Schiller ([01:36:31](#)):

I'm not saying you it the wrong word. No, but you can definitely do it the wrong way, you know, for do it our fall, the fall that we have now, bohi, he is very freely, very, very freely. And he's probably taken, he has taken the longest to come around. Like it was, oh, probably three months of going out and hanging out with him before I could actually touch him. Like he was, he, you would be, you know, if you even walk out in his pasture, if you even walked in a straight line towards him, even if you were just pushing the wheelbarrow a long way away, he would wheel and run off you sort of thing. Yeah. And here in the last, probably three weeks, he's made a huge turnaround, huge turnaround. And I posted something about, so several days ago I put the whole running for the first time, you know, at Liberty that he was easy with that.

[\(01:37:23\)](#):

And then I posted something the next day and something the next day. And then I posted another one about putting the whole tournament out in the past yesterday and he walks around. Then he comes back up and I take it off. And someone said, would my adult horse who is no, my would my two year old, who's hard to catch. If I did this with my two year old, who's hard to catch. Would he catch on quickly? Would this, would he catch this quickly? Or something like that? And my reply was no, not because he wouldn't catch on, but because your intention is it for it to happen quickly. <Laugh> exactly. <Laugh> well, and I, I hope I didn't, whoever wrote that, I applied to, I hope I didn't come across the wrong way as in snide. But when you put will this work with my horse, will my horse catch onto this quickly, Hey, this horse is take this horse was unhandled and had no past experience with being caught or any humans. And it took him four months. Mm-Hmm <affirmative>, you know, so it's not, it's not quick. And the, the fact that you had to add, would he catch on quickly tells me that your energy is gonna, it's just like that love energy. I, I go out there and I, I love my, I I'm gonna project love to my horse. As long as he comes over to me. There's,

Dr. Susan Fay [\(01:38:48\)](#):

There's a condition on

Warwick Schiller [\(01:38:49\)](#):

It, right? Yes. It's conditional. Mm-Hmm <affirmative>. Yeah. That's and that's a hard part for a lot of people to get. I think, you know, I had a lady at a horse expo. I think I've mentioned this in the podcast before. So pardon me if everybody's listening and heard this story before, but, and a lady come up to me at a horse expo in Columbus, Ohio this year come up to the booth and she said, Hey, I've been doing that thing with my horse that you suggested. So, you know, I've what I do is go out in the pasture. And I just sit down there with no expectation. And I've been doing it for two weeks and she still hasn't come up to me. And I said, do you realize what you just said? You said, you sat there with no expectation, but then you put this cabin on.

[\(01:39:25\)](#):

But, but she still hasn't come up to me and met the expectations that I said I didn't have. And I said, that's, there's an energy to that. It's palpable. And I said to her and I've done. I said this at clinics. Like, you know, like the people that you and I are helping with their horses are usually somewhere between 35 year and 65 year old. And they're usually women. And so I use a lot of lady analogies to help them get it. And I said, when you were younger and you went on a date, you ever go on a date where this guy buys you dinner, but there's an energy, there's an energy in that. There's an expectation that he's gonna get some sort of a payback for buying you dinner. Right. And spending this time talking to you. And then she's like, yeah. I said, you can feel that that's a palpable energy. There's an expectation that you can feel horses feel exactly the same thing. When you sit out there with no expectation, you have to sit out there with no expectations. That's because the outcome is completely different if you do. And that's hard. That is very hard to do. When, you know, when you've been told that if you do this, this will happen, but you've gotta do this without the expectation of this happening. Yeah. That's hard.

Dr. Susan Fay [\(01:40:38\)](#):

I, oh, I, I totally get it. It, that goes back to that story of like trailer loading. It's like, I can be standing around the other side of the trailer, not seeing this person and go, okay. I felt it. I felt the expectation that he needs to get in right now. They're like, how no, you know, they, they can say, no, I, you didn't

feel that. It's like, I just told you when I felt, then, then I'll have him go back. And it's like, oh yeah, I kind of do still have, you know yeah. That idea he has to get in, but how hard is it for people? I mean, you know it, and I know it, and it's hard to identify when you have it when it's really subtle, an expectation. And you think you're not having one, but you are having an expectation of it has to happen this fast, or it has to be this, or it has to look like that.

[\(01:41:24\)](#):

And, and I've also, you know, as I do more of this work and, and I remember our first podcast, I talked a lot about visualization. And what I've realized is that people use that with an expectation on it. And it's really, it gets very heavy, really quick. So they go, I visualized him coming over to me and he didn't, it's like, okay, almost the fact that you visualized, he had to come to you. You had an expectation that that was going to work and that had to work. So it gets into really slippery territory. Then this, this idea of visualizing your horse, doing something because very few people I realize can do it without expectation attached to it without a timeline, without something else attached

Warwick Schiller [\(01:42:09\)](#):

To it. It's manifesting. It's the same as manifesting. You can't have a, you can't have a timeline. You can't have an expectation. You just put it out there. And yes, mm-hmm <affirmative> yes.

Dr. Susan Fay [\(01:42:20\)](#):

So, you know, and this is the challenge of teaching people, enough knowledge of their own inner self to be able to identify need and expectation and what it feels like and where, where it manifests inside your body so that you can begin to recognize it when it comes up. Okay. Because it can be so subtle

Warwick Schiller [\(01:42:38\)](#):

<Laugh> yes. So this is a good segue into, so we now have a a Patreon group. And as part of that, they get to ask questions of future podcast guests. And I have someone who has a question for you. Oh, good. Okay. And it's very much along that lines of this relatively, but her name's Bonnie Clark. And, and when we announced that, well, we're gonna have you back on here again. She said, this is amazing news. I love Dr. Susan's podcast with you Warwick and her book was so great. I read it twice and was able to reach out and have a coaching call with her as well. So Bonnie Clark you've actually spoken to her. Okay. Yeah. I would love to hear from her the one most important thing to share with my yard buddies. So obviously she's in England or somewhere where they call it stable yard. I'm so keen to be a positive radiator, but I do need to ensure I'm not discounted as I'm too much of a woo woo. Zealot.

[\(01:43:27\)](#):

<Laugh>. So if, if you are listening to this podcast at home, Dr. Susan's face just went into the expression of when you are asked a conundrum that has no good answer. <Laugh> God it's like how, like I'm gonna ask the question again. I would love to hear from her the one most important thing to share with my yard buddies. I'm so keen to be a positive radiator, but do need to ensure I'm not discounted as I'm too much of a woo woo zealot. And while you look like you're thinking, but while you are thinking, I'm gonna give my answer to this. I know Bonnie didn't ask me my answer, but my answer would be <laugh> the best sermons are lived, not preached. My answer would be, get them, get, do such a good job with your horse that they're like, how do you do that? That's I think that's the only way to be a positive radiator to your yard buddies, because you, if someone's not ready to hear this stuff, you were just gonna turn 'em off by doing it anyway. That's my thoughts, but I'm gonna let you take over here, Dr. Susan.

Dr. Susan Fay ([01:44:31](#)):

No, I'm gonna use that word love again. I love your answer. <Laugh>

([01:44:35](#)):

Cause that would be, and that's been part of my journey throughout the years. It's like, there was a point where it's like, oh, people have to see what I do and they have to get it. And, and I need to prove to them that this works. And, and I love what you said. It's like, you walk in your truth and you do what you do. And whether somebody gets it or not is not your responsibility it's they are going to be exposed to an idea. And what I've noticed about a lot of this work is that you can think that it didn't get through to that person at all that nothing clicked, but that may be because it's gonna click five years down the road or three months down the road for them, something else is going to happen in their life. When they go, I remember, or sitting with the horses or being in that space. And I remember what they did. And so this is one of those things where we have no control over that. Right? You just, you just live your truth, you do it. And people will, will or will not come around. And again, you, you just go it's okay. If they don't, that's what I have to keep saying to myself. It's okay. That they don't. Because I wouldn't come around to maybe their way of thinking either, you know,

Warwick Schiller ([01:45:58](#)):

Unless something, well, think, I dunno. I mean, you've been doing this stuff for a very, very, very long time, but I haven't. And thinking back, I can, I can remember whether there was a lot of seeds planted that were just planted. No one tried to shove it down my throat, cuz it would've rejected it back then anyway. And looking back like, oh, I keep looking back further and further like, oh, I remember I remember reading a book on, so my son was two and he is now 25. I remember reading a book on Buddhism, basic Buddhism. And there was this little thing in there. Oh yeah. Well I remember, you know, like there's been a lot of seeds planted, but yeah. I, I think what you're talking about right there is, is spot on is to where you just gotta walk in your truth and if they're ready to hear it, they, if it resonates, it resonates, but right.

([01:46:49](#)):

And that's, that's very hard being in a place to where you are. It's just like, you're talking about your, your clinics. You don't want to advertise, you don't have the wrong energy there. And if, you know, I know a lot of well boarding stables in America and, and you know, live yards in England are a hotbed of judgemental horse people. So it's gotta be hard to be the, the odd one out. And mm-hmm <affirmative> I, I think what you said, just like walking your truth is the work in a situation like that. Not yeah. Not being concerned, what they think about you let alone trying to influence them. Just be the influence by not buying into that, that negative energy.

Dr. Susan Fay ([01:47:38](#)):

Right. And boys, that's another test of,

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

Oh my that's oh,

Dr. Susan Fay ([01:47:43](#)):

That's probably the hardest test. Mm-Hmm <affirmative> I think that I see my clients come across is like, yeah, but everybody gives me advice and tell me things that I'm not doing this right or that. Right. Cause I'm trying to follow some things that you're doing or I'm doing or, you know, and, and to receive that

criticism and that scrutiny and, and be able to just say, you know what, it's it's okay. I'm gonna keep doing it this way, but I feel for those people, for sure.

Warwick Schiller ([01:48:08](#)):

Yeah. And it's even harder if you are to horses and then there's the person with the 30 years of horse experience. And they're trying to tell you you're a total, but yeah. Yeah, it's, that's, that's such a hard place to be in. Right? It's it's yeah. That's, that is a huge mental challenge, emotional challenge.

Dr. Susan Fay ([01:48:37](#)):

And maybe the only encouragement I can give is that this is growing mm. The acceptance of this different way of thinking is growing. And so there there's more people than you think that are out there questioning the status quo of the past of what we've done. And there they're, they're in hiding too, because of the same things of being rejected or scrutinized or attacked, or, you know, whatever that thing is that has happened to 'em, you know, and they've gone into hiding cuz most of the people that are doing this are kind of those introverted. Like I don't fight people, you know, if they, and, and so they're going, it's not worth it for me to get out there and do this and be judged.

Warwick Schiller ([01:49:18](#)):

Well, I, you know, I think the other thing is too, is there is a huge amount of self-awareness involved, involved in this and most people are not, self-aware already to be, self-aware no judgment, but you know what I mean? So the right. And sometimes the, you know, they have other things happen in their lives cause 'em to be start being self aware and that carries over the horses. And a lot of times they're not. And I think that, I think the, the hardest people to get through to the person who has had horses for 50 years and especially if they're at some sort of a riding instructor or whatever, you know what I mean? Like

Dr. Susan Fay ([01:50:03](#)):

Exactly.

Warwick Schiller ([01:50:05](#)):

Yes. yeah. I had a, when I was a pony club as a kid, there was a lady named Mrs. Fenton and she was just very stern, you know? And, and she's the, she's the person that I picture that would be hard to have a different point of view around mm-hmm.

Dr. Susan Fay ([01:50:28](#)):

Right. So,

Warwick Schiller ([01:50:29](#)):

Mm. And when Robert, when Robin

Dr. Susan Fay ([01:50:33](#)):

Go ahead. Sorry. I was gonna say the, the look on my face when that question got asked, I said, think said it all.

Warwick Schiller ([01:50:38](#)):

<Laugh> like, oh, the look in your face said so much.

Dr. Susan Fay ([01:50:42](#)):

There we go.

Warwick Schiller ([01:50:43](#)):

Yes. Okay. Well, we've been chatting for quite a while. I know, thank you so much for joining me again. This has been absolutely. This is this was so much cooler than the first time around. Not that the first time around. Wasn't cool. But yeah, we got to talk about some, get into some deeper conversations. That was that was so cool. Once again. How can people find out more about you

Dr. Susan Fay ([01:51:10](#)):

See, here's where I hesitate. I've got so many people. No, this is, this is all so perfect. I have a website now, which I didn't have then, and that's just Dr. Susan faye.com. And then if they wanted to, they can join my Facebook group, which is sacred spaces slash sacred wisdom. And make sure if you go on that, you answer all the questions or my administrator will not let you get in. So that's another way. And let me think. I, I do have a, a YouTube channel from way back when, and I, I, I haven't put anything on there recently, but that's called science and spirit of horses. So you can maybe go in there and listen to a few things on that.

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

Let me, let me, while you keep talking, I'm gonna go on a YouTube and look that up right now. Cause I didn't know that was there. I'm gonna, I'm gonna subscribe here.

Dr. Susan Fay ([01:52:02](#)):

Oh, oh, oh boy. Actually I was gonna subscribe and, and these are so funny cuz you know, I, I did that when I was kind of first starting out and I was struggling with zoom and, and trying to do these little sessions on Monday nights where people would come and we would just have conversation. And, and what I would do is I wouldn't plan what I was gonna talk about. And I would just sit down and start talking about a subject or several subjects. And then I would just do that, that little talk on there. So they're not high production quality. So don't no expectations there about, <laugh> what I look like or how I struggle with the technology at that point in time. So

Warwick Schiller ([01:52:42](#)):

There's a duck entry you've got on here says called herd. Were you a part of that?

Dr. Susan Fay ([01:52:46](#)):

Oh, I don't think so. Oh, I, who knows what I'm about? <Laugh>

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

Just

Dr. Susan Fay ([01:52:52](#)):

Track of where I'm

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

At. Some of the titles on here. Do horses have emotions?

Dr. Susan Fay ([01:52:58](#)):

Oh, maybe that, that does sound kind like my thing. I just

Warwick Schiller ([01:53:02](#)):

Shorter ones. That, that one is sorry. No, but the other one is a, a documentary called herd and

Dr. Susan Fay ([01:53:07](#)):

Oh no, I didn't do that documentary.

Warwick Schiller ([01:53:09](#)):

Okay. Oh, but what's funny. Comes up is a document intro by Anthony. I think his name's chinny called enlightenment. Have you ever read, ever watched any of his, his stuff?

Dr. Susan Fay ([01:53:19](#)):

No. Like I said, just thanks to you. I don't have any time anymore to do anything.

Warwick Schiller ([01:53:24](#)):

<Laugh> that, that guy there,

Dr. Susan Fay ([01:53:25](#)):

Which is good,

Warwick Schiller ([01:53:26](#)):

That document that documentary called enlightenment. He has a number of documentaries one's called beyond our site. One's called who we are. He has a whole bunch of that sounds near death experiences. Like, oh, it's a fascinating fascinating YouTube channel and these are all, oh, that sounds great. Highly, you know, like really well produced they're documentaries. They're the sort of thing you would see on, do you subscribe to Gaia TV?

Dr. Susan Fay ([01:54:06](#)):

I've just got enough internet. I mean, I just got Starlink at my house, so I haven't been able to actually stream like normal people do. Yeah. And so I, I haven't subscribed to things just because just until last week I didn't really have enough internet at my house to be able to do anything. Okay. So hopefully I'll get up to, up to snuff here.

Warwick Schiller ([01:54:26](#)):

So Gaia, the stuff that this, this guy does, it's a lot like Gaia, but if you guys are interested, his name is Anthony. I dunno if it's chin or Chini, but C H E N E production is the, the YouTube channel. And I've watched some of those videos. One's called who we are. Oh my goodness. They, they are, that's good. Yeah. Just like mindboggling mind boggling start every time you put some new one out, I've gotta, I've gotta watch it, but yeah. Thank you so much for joining me. It's been such a fun conversation.



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Dr. Susan Fay ([01:55:00](#)):

Thank you. And, and I'll actually see you in person. Yes.

Warwick Schiller ([01:55:04](#)):

We will see each other in tears, not too long at the journey on podcast summit in San Antonio, Texas in November. Isn't it. November.

Dr. Susan Fay ([01:55:14](#)):

Yeah. That's when I'm planning to come. So I, I hope that's when it is

Warwick Schiller ([01:55:18](#)):

<Laugh> I just had to think. I know I'm I know I'm flying. I've gotta fly the next day from San Antonio to Dallas, to Sydney, to Melbourne, because I've got a horse expo in Australia the next weekend. Wow. So I, and I know that's in November. That's why I kind of knew what month it was. Yeah. That's gonna be fun. For you guys listening the tickets sold, sold out in about a week, but we are going to have a live streaming option for that. So that's, that's gonna be fun. So people from around the world can, can watch that whole thing. So yeah, it's gonna be podcast guests from the, the first year. So this is gonna be Dr. Susan Faye, mark rash. It's gonna be there. Jim Masterson, Kerry lake, Elsa Sinclair. I don't wanna leave anybody out, but there's 22 of them. Jane pike is gonna come over from New Zealand for it. Kathy price is coming over from Wales for it. Yeah. Who else is gonna be there? Terry Cooper. Shaun be then Shaun cook is gonna be there. You've gotta give the old Colorado pee shout out there. Don't exactly.

Dr. Susan Fay ([01:56:21](#)):

Please. Don't forget the Colorado and the, yeah.

Warwick Schiller ([01:56:23](#)):

Soki. Baxter's gonna be there. Carla buck mul. Chrisy. Mcdonald's gonna be there. Anyway, the,

Dr. Susan Fay ([01:56:31](#)):

And Jessica White

Warwick Schiller ([01:56:32](#)):

Jessica White plum is gonna be there. I'm so I can't wait to meet her in person. That's gonna be so cool. Yeah, I probably left a few out, but we'll have a web. We don't have a website up for it yet. Where people will be able to purchase the live stream, but we, my son, Tyler is getting onto that. So that'll be out sometime soon, but anyway, that's where I'll get to see you. All right. So thanks so much for joining me.

Dr. Susan Fay ([01:56:55](#)):

Oh, thank you for having me. And for some miracle happened today that my internet stayed on,

Warwick Schiller ([01:57:00](#)):

Unless you're Starlink

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Dr. Susan Fay ([01:57:04](#)):

It's a star, so thank you, internet

Warwick Schiller ([01:57:07](#)):

<Laugh> and yeah. Well, thanks so much for joining me if you guys at home, thanks for joining us on the, the, the journey on resumed podcast.

Speaker 3 ([01:57:18](#)):

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