

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

You are listening to the Journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven day trial to his comprehensive online video library that includes hundreds of full length training videos and several home study courses@videos.warwickschiller.com.

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

Good day everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller, and my conversation today is with Dr. Alicia Maine. Alicia's bio says she's a unique combination of master animal communicator, holistic dog trainer, medical intuitive distance body alignment and energy medicine researcher, sole relationship coach, as well as a author, workshop presenter, and a PhD researcher. Her work is based in traditional Chinese medicine, Qigong and the quantum physics principles that validate that everything is energy and everything connected. She honors the physical, mental, and emotional and spiritual aspects of a being and then sees them as inseparable to bring about true healing. She's the creator of Animal Healer TV on YouTube where each episode explores what's possible and helping animals heal their behavior, health relationship and crossing over issues naturally through the quantum energy field. So that gives you a little bit of an idea of what Alicia's on about, and I guarantee you that that's exactly what she was on about in this conversation. I had an amazing time chatting with her. She's a wonderful lady, and I hope you guys enjoy this episode as much as I did. Alicia, main, welcome to the Journey on podcast.

Allecia Maine ([00:02:10](#)):

I don't know if it can speak because I'm smiling so much.

Warwick Schiller ([00:02:14](#)):

It's amazing. I'm excited to have you here. In the intro, I read out your bio and this is the Journey on podcast, and a lot of times, or most of the time I start with people's journeys, but I kind of want to start at the very end of this thing because you did a PhD thesis, I guess that's what you call it on. Let me read what the title of this thing is because this is where the science meets the effects of remote body alignment on behaviors, informally, wild mustangs. As you're going experiment in quantum entanglements, a dissertation submitted in the fulfillment of the requirements for the degree of doctorate's philosophy PhD. Tell us about, let's start there because that's what I'm interested in these days.

Allecia Maine ([00:03:09](#)):

Okay, so the question is, do you want to start where it really started and who I was told to do this PhD by? Are you ready for that?

Warwick Schiller ([00:03:19](#)):

Yeah, let's go there.

Allecia Maine ([00:03:21](#)):

Okay. So on February 1st, 2020, I went to visit my friend George Braus, who has Eagles and Wild Horses Ranch in Eckert, Colorado. And George is extraordinary at helping Mustangs restore their souls once

they've been pulled off the range and there's just been so much damage and trauma. And he also studies Qigong and I studied Qigong. So we made an appointment that I would go over there. This was kind of right before the pandemic hit and we just had a ball together. It was just so cool talking to another person that practices Tig Gong and the horses. And so I had about six mares behind me and I had never been around. I had been return to Freedom with Netta de Mayo. I used to volunteer there when I lived in California, so I'd been around the Mustangs, but I mean, those Mustangs don't come as close to you as George's Mustangs come to you.

[\(00:04:17\)](#):

So I had six girls behind me, and so my vision was diffuse, let's put it that way. And George is standing in front of me scratching the chest of his former band Stallion Clancy, and he's telling me, he's like, Alicia, it's really strange. He's like, I cannot get past scratching Clancy's chest. He's been here a year and a half. And I was like, oh, and I've been doing body work for a while, and I do off body body work because some of these horses like Clancy, even if I wanted to do body work on him, you can't touch him. So I looked at Clancy, I looked at his eyes and he told me what was going on in his lower back. And he walked away. He was about 40 feet away. And I said to George, are you okay if I do my instinct body assessment?

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

He's like, sure. So I do this session with Clancy and we're standing so we can see him and I see shifts. He's breathing deeper, he's making changes. I don't know what any of that's going to translate into, but it's clear he's picking up what I'm putting out. So then he comes back and George is scratching him again, and I still have these six mares behind me and not for nothing of how I grew up, but it's like you be careful around mares because they can move quick and Mustangs can move quicker than any horse that I know of. And so George is standing there and we're talking, and then he is like, and now I can scratch his shoulder, and now I'm on his middle back and now I'm at his butt and I'm thinking, does this guy think I'm deaf? I don't understand. It's not really hitting me why he is raising his voice and that now he's telling me he can touch all of these places because we never moved the horse's feet. We did nothing with training. But that body alignment totally shifted Clancy's breathing his nervous system and his brain chemistry in minutes. And George was able to go from scratching his chest to getting all the way to his butt. We never had a halter on him. We were never using any road, nothing. This was all free. I mean, this is Liberty. Liberty.

[\(00:06:40\)](#):

So all of a sudden, George and I looked at each other and we were like holy, because I had been working on horses for a while, but I hadn't worked on that many mustangs. And then to see that kind of change, George's door was on the floor, my jaw was on the floor. So I had worked on a couple more horses left that day. And as I was coming home, I drive over to this cool mountain pass and have to drive through this canyon. And as I was driving through the canyon, the horses that heard led by Clancy said, you need to pull over. We have to talk to you. Okay, I don't know when you're an animal communicator, and they tell you, pull over, we have something to tell you. You just pull over. So I did. And they said, listen, you're going to do your PhD.

[\(00:07:27\)](#):

And I was like, excuse me. I have failed every math and science in class. I could never make it as a vet because I couldn't get into school and now you want me to do a PhD. And they were like, yes. So I said, okay, I'm listening. And they said, what you're going to do is you are going to film our sessions via Zoom and you're going to record this and you're going to allow this to be something that people can see the changes for themselves. They're like, you're not going to do blood work. You're not going to, we're just going to straight up do this so people can see the changes happening in real time. And that this ability

for quantum entanglements is really real because I mean, imagine my surprise. I had studied Qigong and I'm like, I'm horrible in math and science.

[\(00:08:16\)](#):

And then I'm like, oh, I totally understand quantum physics as a living, breathing experience. It's not just like this thing that's on the chalkboard with the paper and the whole, what is it called, the formula, right? It's like we're it, we are the quantum science. So I'm flipping out like, oh my God. I'm like, really? You guys want me to do a PhD? Well, I had done a master's, and that's through the University of Sedona, which is a metaphysical university in Arizona. I did not know at the time. And what I did that with was a study with teenage with a d D and a D H D teaching them Qigong. We practiced twice a week for six weeks, and we went to see does that make a difference? So what were you experiencing before? What'd you experience afterwards? It was really cool. What I forgot was that at that time, you could register for your master's and your PhD.

[\(00:09:19\)](#):

So when I hear the horses tell me I'm going to do my PhD, I call my school and I'm like, oh, I did a master's with you guys. I'd love to do my PhD. They're like, we've been waiting for when you are ready to do your PhD. I said, what do you mean? They were like, you already paid for it when you did your master's. I was like, what? Right. So I'm in the dark as much as anybody else here. I'm just listening and going along. So okay, we're going to do this thing. So I'm me, my analytical self, I'm calling Roland at HeartMath and going, what do I do? How do I do this? And he is like, well, you should use heart rate monitors and stuff. And I'm like, yeah, but some of these horses you can't even touch. You're not getting a heart rate monitor on them.

[\(00:10:04\)](#):

And I called Norm Sheely because I wanted to know what energy field in my end says we have six to 10 feet out and then horses have five times that. So that's somewhere between, see how bad I am in math, 30 feet to 50 feet, and then I'm going, but wait a second, I'm working on animals at a hundred miles away. At 2000 miles away at 7,000 miles away in Europe, Egypt, where am I? What field am I even in? Nobody could tell me. I called Rupert Childre, who's phenomenal, and he is a well-known researcher in the morphic field, and the horses just kept bringing me back. They're like, you're following the wrong path. You're in the chief field. It's the unified field of everything. And I was like, I get that you guys are saying that. I was like, but I don't think you're going to get the physicist and the scientist.

[\(00:11:08\)](#):

I actually agree. And they went, yeah, but remember they've never studied Qigong. And I was like, I felt like Homer Simpson for a second. I was like, oh my God, you guys are right. So they started teaching me, not just through doing the PhD, and I don't know how we got to 27 horses, but I did 27 case studies via Zoom, and we were looking at what's the baseline behavior before I do the instinct body assessment and muscle release, which is based on the back association points of Chinese medicine, which has been verified for 5,000 years. And those underlay the chiropractic points, which we've known about, I mean I would assume a lot of indigenous cultures have known about them for thousands of years. So I just kept listening and I just was like, okay, I'm going to show up. We'll set it up. We get on Zoom, we record, and then we see what happens during the session of what happens after.

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

And it was mind blowing because the first horse I worked on, Shelby, she's a paint mustang, and George had her and basically, I mean Shelby just was so traumatized from her gather and from what other trainers had done, and it's like she was climbing walls. And I go to work on her and I think I hit her

cervical three or four or five or six. And literally she went down. She just laid down. She just laid down. And Pat and George is sitting there going, oh my God. And I'm going, oh my God, did I hurt the horse? But she passed out, passed out. And when she got up, and she also too, she had a really white eye. I don't like horses with white eye only. You have something really going on that disturbed you, and I don't want to be the brunt of why that works out. But when she got up, the white eye was gone and she got up and she shook off. And I think within a really, really short time, not even a day or two later, she was connecting with George. She was letting George touch toucher.

[\(00:13:31\)](#):

And what blew my mind about that was, I'm not new to horses. I'm not the best horse person in the world. I couldn't really tell you how to ride. I could tell you where you're not in sync. I can't teach you the techniques of riding, but everything that I know about horses and training is like you have to move their feet to change their brain. And when I saw this with Shelby, I was like, wait a second. You guys are actually had me go through this teaching me stuff new, aren't you? And they were laughing at me. They were like, I was like, great. So I was, the whole theory that we have that in order to change a horse's brain or to help them, you have to train them, started to go out the window with that very first session. And I was like, I took a big gulp because I was like, you realize that once you teach me this, then you're actually wanting me to share this with people and people that have a lot more experience than I do. And so that's how the PhD started. And with each session, what was mind blowing was within the session, without even physically ever touching the animals, without ever moving their feet, these animals baseline behaviors were changing.

[\(00:14:50\)](#):

And what they showed ultimately from that was that we as humans have made it way over complicated. We've way over complicated the science. Now, I'm not saying that there's not a lot of absolutely incredible in depth science, but they said according to them, they said, it's really easy. Our bodies, our spines are the master key to our brains and our whole functioning of our whole system. If you get the spine alignment right, anywhere where we were tight, it's going to release our cerebral spinal fluid being stuck in our spine, it's going to open up our breathing, our breathing opens up our nervous system. And that happening is what changes how the chemistry flows to the brain.

[\(00:15:43\)](#):

And I was like, so you want me, let me see if I understand this correctly. And just be in mind, they didn't tell me any of these things ahead of time. They were making me go through this stuff, see it for myself, have somebody else witnessing this as well. And then they were telling me, including me in on these pieces. So I was like, so you mean to tell me that there's all this science about you guys? There's the medical sciences, there's brain chemistry sciences, there's behavior sciences, but you guys know the science in a very different way. And they said, yeah, for us, it's really simple. They're like, we don't sit there and talk about whether it's dopamine or serotonin or whatever chemicals. We're not talking about, well, it's my liver tree or my, they're like, we're living as a whole entire organic system and we're really, really simple.

[\(00:16:41\)](#):

And they said, now they didn't tell me this until after I completed. So I started the case studies and it took me two years to actually complete my PhD. The case studies were done in six months. The anxiety that I had after that piece was done, I was like, look, this just happens to be my zone of genius. I'm good at this. But I was like, oh my God, now I have to write a PhD on which people are going to look at it. They're going to read it, they're going to judge it. I'm mortified. I'm not a scientist. And they were like, you need to get over it. You need to scoop your own poop, babe. That's what you need to do. And it

wasn't until three months before I handed in my PhD, I did a past life regression with somebody, somebody that I trust and respect.

[\(00:17:37\)](#):

And what happened in that past life regression was I was a hermetic scientist somewhere in Turkey, and I was basically putting all together all this information on the quantum physics, not the religious God stuff, but the universe stuff. And as I was walking to town one day I happened to get killed by some priests who took a branding iron and branded my heart and cut me open completely and left me to basically die. They were like, no, you have to do God the way we do God. And I'm like, yeah, but here's the thing. That's not really the way that it works. And they didn't want me to expose that. And as soon as I had finished that past life regression in the next three months, going up to my horse paddock every day, laying down on a blanket and writing my PhD in my phone with my dog and hanging out with my horse in three months, my PhD was done and submitted.

Warwick Schiller [\(00:18:40\)](#):

That's very, very cool.

Allecia Maine [\(00:18:42\)](#):

Right.

Warwick Schiller [\(00:18:43\)](#):

Okay, so now we're going to backtrack a bit. Well, actually, a question that came up while you were talking there is when you were driving through the mountain pass and the horses said, pull over,

[\(00:18:55\)](#):

Is it like, Hey, Alicia, it's Clancy here. Is it like that? Do they identify themselves or you get a feeling that that's them? Or is it a voice? Is it a feeling? My intuition, all that sort of stuff has been suppressed for so long. I'm just trying to figure it out. So I've got no idea what I was going to say, what people like you, but I think we're all people like you. We just have, society has made us ignore or shut down gifts that we all have. But anyway, so my question here is not being aware of that stuff or not being able to use that stuff yet, how do you get this? Is it a combination of things? Is it just a voice? Is it a feeling? Is it intuition? I had a podcast guest here a while ago who is an animal communicator from Sweden named Emily K's daughter, the craziest conversation I've ever had. And I mean crazy in a good way, but she actually inhabits the consciousness of the animal. So how does it work for you?

Allecia Maine [\(00:20:23\)](#):

So to break it down, we have inner seeing, inner hearing, inner feeling, and inner knowing. We all have this. This is everybody. This is every single being on the planet, every grain of sand, every blade of grass, every horse, every tiger, every bear, every human. I don't care what sex you are, I don't care what your sexual preference is. I don't care what your political preference is. I don't care what your economic difference, at our essence level, we are hardwired for this. It's part of our software.

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

Okay, can I just question you on that a little bit? So of course in a vision would be like what you see in your mind's eye is that

Allecia Maine ([00:21:09](#)):

Yes, let's say right now I was to tune into one of your horses, right? I'm visually looking at you, but as soon as I heard the name of your horse, I get a different inner visual of who and what that being is. Now, when I start teaching animal communication or interspecies communication, we always start with different people have seen things throughout their life, like inner visions, deja, vus, dreams. Different people have heard an inner voice. Different people feel things, different people know things. We always start with what's their primary thing that's most natural to them. But they may have been like, no, no, no, that can't be true, right? You said it. Society teaches us and we get indoctrinated. And our entire world in terms of the modern world has been indoctrinated to separate ourselves from nature. Isn't that what happened with all the indigenous cultures? They brought 'em to schools of indoctrination. We're going to school that out of you we're going to school that knowing, but that's how they grew up.

Warwick Schiller ([00:22:24](#)):

And a lot of that came from your priest friends who branded you.

Allecia Maine ([00:22:27](#)):

Exactly. Exactly.

Warwick Schiller ([00:22:31](#)):

Sorry, I just want to make another point there too. Not just separation from animals, but separation from ourselves a hundred. That's

Allecia Maine ([00:22:39](#)):

The trauma is

Warwick Schiller ([00:22:40](#)):

The head from the body.

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

Okay, so you want to know what ego really is that the animals taught me? Okay. Ego is not a bad thing. Ego is actually a protective mechanism. The brain itself cannot feel anything. It doesn't feel, it just lights up different signals, which is interesting, but it's a processor. It's not where we feel we feel in our bodies. So I've had a lot of trauma in my life and that trauma, all of us, it's too much to feel in our physical bodies. We feel like we're going to die. So what the brain says is, oh, no worries. Just come up here. Because up here, you can still live your life, but you won't have to feel. So that's the cutoff. That's exactly what you just talked about. That is where we get split. And the ego is developed because that ego in the head is saying, come up here so I can protect you from this situation.

([00:23:42](#)):

But then what happens is then we start to in our head and we disconnect from our bodies, horses, animals, all mammals pretty much live in their bodies. Humans are the only ones with the bigger prefrontal cortex. Sometimes they think it's a good thing, sometimes they think it's not such a good thing. However, we were always intended to get back into our body and feel what we couldn't feel at the time, because our younger selves didn't understand all of this, didn't have all of this awareness and consciousness. All we knew is I feel like I'm going to die in my body. So that's really actually what they

showed me of where our ego gets started. So ego's not a bad thing because it's trying to protect us and keep us safe during a trauma, but then we have to get back down into our bodies.

(00:24:34):

And that's what Qigong taught me how to do. I really didn't realize how much I was living in my head. I thought it was a very physical being always, always athletic, always doing things with my body. But I didn't understand that the body, our first brain is not our head brain. Our first brain is actually our gut brain. It's our enteric system. It's like when a phone takes a picture and there's raw data, that's what's actually coming in that we have to pay attention to, and it's a full sensory experience. Are you seeing a ghost?

Warwick Schiller (00:25:16):

No, I'm not seeing a ghost. There's a book around here somewhere. I want to read a passage to you from, and I'm looking in my bookshelf here

Allecia Maine (00:25:26):

Like, oh,

Warwick Schiller (00:25:27):

I should have told you, I'm not ignoring you. I'm looking for a book because you guys at home, I've just completely turned around and I've almost got my back to Alicia, and I'm looking for, I don't see it, but it's a book. Someone from Colorado, you're from Colorado, a book someone from Colorado sent me, and it's called Radical Wholeness. Lemme see if I can find.

Allecia Maine (00:25:49):

So all of these things that we talk about in terms of energy, energetics, bioenergetics, what we're supposedly learning now about the field, the field's always been there. I remember sitting on the bike at the gym one day and I was just looking at the TV, and I'm riding the bike and I'm thinking about God. And I'm like, why is it that it feels like a lot of times God goes in and out and all of a sudden the voice that talks to me that's telling me things aside from the animals goes, why do you think it's God that goes in and out? And I was like, what do you mean? They were like, well, you've flown out of Aspen Airport when there's clouds and you can't see the blue sky. And then you get past the blue sky, you get past the clouds, and the blue sky is always there.

(00:26:41):

I was like, wait, what? And they said, God is always there. It's us that goes away. And I'll never forget that ever, because when we talk about a lot of things, and even, it's kind of funny. I talk about quantum physics when I failed all my math and science, but it just happens that I was born in Albert Einstein Hospital in the Bronx. I kid you not. So I must've gotten some of his spiritual DNA somehow through gong and understanding all of this stuff, because a lot of what we don't understand is think about alphabet soup. A lot of what we do is the alphabets. Rarely are we paying attention to the fact that we're part of a big soup, and that's the unified field. It's always there. Whether we get disconnected from it or we don't, it never, ever goes away. It's what we live in. And because of all the indoctrination and the education that we've been through, the animals are the ones that are bringing us back home to remembering what has always been. And there's a favorite quote I have. It's a Native American awareness that in the beginning, the creator did not speak with the humans. The creator spoke with the

animals, and it was the animals that educated the humans about proper codes of conduct and behavior on Mother Earth. So she would always thrive and be protected.

[\(00:28:33\)](#):

And I came to see that the animals know this wisdom. So just to get back to your question of how does it come to me? Well, it's all of it. So when the horses said, Hey, pull over. I heard the voice, but I saw the herd at the same time. It happens in simultaneity for me. And I felt like, oh, this is big. But I knew, I was like, oh, wow, they're serious about this. I need to pull over now because we have this brain that's a processor. It can only process certain amounts of information at a time when we're running it through this head. But when it comes through your gut brain, which is our first brain, think about it as like a 360 degree experience. It's all happening in simultaneity. It's not like, oh, there's a separate, there's a voice and then there's a picture. It's all at once. So we are actually the supercomputer, and we've been being told that we're the most intelligent species, but you can't, the most intelligent species when you're compartmentalizing out everything because then you get conflicting information. Like the animals, when they're in the wild, they don't have any conflicting information. They understand all of it as a totality of an experience.

[\(00:30:02\)](#):

I'm like, I see the look on your face. So I'm like, I think I'm just going to stop here for a

Warwick Schiller [\(00:30:06\)](#):

Moment. No, I was actually just looking up. Remember minute ago I said I was looking for a book. I wanted to read a passage to you from while you were talking here. I just looked it up online here because exactly what you're saying right there. So in this book, radical Wholeness, it talks about the Anglo iWay culture of West Africa, and they think we have more senses than what science tells us.

Allecia Maine [\(00:30:39\)](#):

We're only told we have five, we have 12. And more than that,

Warwick Schiller [\(00:30:43\)](#):

I think the angle, eWAY, you think we have 12 speech is considered a sense for these guys because speaking is an experience that's felt in the mouth, in the, and the body. But anyway, it goes on to say, so they have this term that's called, it says neuroscience organizes human senses into three categories, extra reception, proprioception and interoception. And extra ception is the five senses they say we have, whether the Anglo iWay places the realm of internal sense front and center. And this term translates into English as feel at flesh inside. And so they call this ami, and it says it's all that is perceived through the sensations of the body using interoception, proprioception and interoception. That's exactly what you're saying the animals do is they. And so you think about this tribe in West Africa, they live like we're supposed to live. So lately on the podcast, I've had people on here talking about hunter gatherers and how hunter gatherers lived and how our bodies evolved to live a certain way. And we no longer live that way. And what you are talking about is us living like we're supposed to.

Allecia Maine [\(00:32:21\)](#):

Yeah, yeah. And so as we all know, there's a lot of trauma going on planet earth.

[\(00:32:31\)](#):

We're very disconnected from how do you create trauma? You can't feel anymore, you can't feel, and you're just thinking and you do stuff. But as soon as you get the sensation of, whoa, what did that feel like? I don't ever want to do that again. I don't ever want to behave that way again. There isn't a separation of anything. That's the problem that we've run into in our western world. How many thousands of years back did it start? I'm not sure, but I do know that the animals have been able to keep the web of life, the interconnectedness of all life. They have the knowledge and the wisdom. So we have modern science, right?

[\(00:33:26\)](#):

Well, the animals have natural science. So even when we have biologists and pathologists out in the wild and studying the animals, and there's some really amazing information they pick up from observation, the best that we can do is still body language. We both know, I know we're not going to totally talk about horses, but any of it, whether you talk about horses, the dog world, the training, anytime you're training primarily, even if you're doing natural horsemanship, we're only seeing the outside, and then we're making assumptions about what we think and believe that that is. When you get into the telepathic part, and I understand what, I'm so sorry. Tell me her name again. Emily. Emily, okay. So what Emily was saying is absolutely spot on because when you get to the level of true consciousness, and everybody's talking consciousness, consciousness, consciousness, it's all over our world now.

[\(00:34:33\)](#):

And I'm like, you know what? If you're even telling me that you're conscious, you're not conscious. Because when you're truly, truly conscious and awake, it is such a total experience and you're so immersed in it. You can't even talk about being conscious because consciousness isn't even separate from it. It's like a fish being in water that's so all encompassing. If we can understand consciousness from that perspective and that we not go to all the places where our brain is like, I'm so intelligent. Look at what I know, and I can separate this out, and I can tell you this, and I can tell you that. Can I curse for a second? Am I allowed? Go ahead. Go ahead. It's not a bad curse, but Okay, go ahead. I don't know. Shit. And I had to realize that all the things that I thought I knew, I never show up to working with an animal and go, okay, I know.

[\(00:35:34\)](#):

I know what's wrong with you. I go, Hey, can we talk for a second? I know that you're aware and I know that you know your body the same way that I know my body. Maybe you don't think about your body in the way I understand it as a human perspective, but you can show me things. You can tell me things. I can hear what's up. So can we talk? So it's not like I never approach any, I used to approach things like, oh, I know I don't know anything. I just know how to show up and literally be really quiet and just listen. Sometimes it comes in a picture. Sometimes they're telling me things and explaining a situation of where and why they're struggling, and honestly, oftentimes how their human is struggling and why it's causing a problem for them as trainers, as communicators, we're used to everybody coming to us with a Christmas list of what's wrong with my animal? But somehow they never put themselves in the spot of, oh my God, what issue could my animal be having with me?

Warwick Schiller [\(00:36:46\)](#):

That's been the biggest for me in the last five or six years, helping people with their horses. I've talked about this on the podcast before, but I used to a lot of people I could help with their horses, but some people, I couldn't help them with their horses. I used to think that they were not good with horses. And it dawned on me at some point in time that they were not good with themselves, and it's some more being self-aware. And

Allecia Maine ([00:37:16](#)):

So,

Warwick Schiller ([00:37:17](#)):

Yeah, and just what you were talking about right? Then, I'm currently listening to a book by a fellow name Charles Foster, and I think he's some sort of a British naturalist or something, but the book's called Being a Human Adventures in 40,000 Years of Consciousness. And there's one part of the book where he's talking about, he's out in the forest in England somewhere, and he says something about the trees, and he says, I've never really seen a tree. As a matter of fact, it's been a long time since I've seen anything. He said, when I look at a tree, the light reflects off the tree and bounces into my retina, and then I categorize the tree into what species it is and what diseases it may have, and if it's deciduous, do the leaves fall off, do this, blah, blah, blah. And he said, I just have all these judgments and facts about this tree, but I don't really see the tree. He said, I once met a man who could see a tree, and he scared me so much. I packed up my bags and I ran to the nearest airport in Cat Mandu and flew home, and it's bad.

Allecia Maine ([00:38:22](#)):

Oh, he wouldn't want to hang out with me talking to trees.

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

I think he would actually, what he's saying is when he looks at a tree, he doesn't see the tree. He sees his story about the tree and all the facts he knows about the tree. And before we came on here today, you were telling me a story about, I think it was with Dolphins, we might get to that, but you were talking about the practice of y Gong had allowed you to remove some lenses so you could see things. And for me, helping people with their horses, that's one of the first things I'm doing, is trying to get them to remove lenses about horses because they don't, the easiest people, I think, to help with horses are people who know nothing about horses a hundred percent because they don't have hundred

Allecia Maine ([00:39:20](#)):

Percent agree.

Warwick Schiller ([00:39:22](#)):

They don't have a lifetime of dogma about, you must have the horse respect you and Alpha this and all that sort of stuff. But I might have you, if you don't mind, talk a little bit about lenses and removing lenses. I think that is something that in my experience, many people aren't really aware that they have them. And I think the more of them you have, and we all have a lot of them, and no one is to blame for having them. So it's not like we're picking on anybody here, but removing those lenses. I think the beginning of living a much more fulfilling life. Well, you know what? We will go there, but let's go back. I want to know why. How did you end up with any of this energy work, whether it was Ong to start with? Because you had mentioned, you said, I've had a lot of trauma in my life, and it seems like I know in indigenous cultures, usually shamans have had terrible things happen, and it's the whole wounded healer archetype, and it's almost like you've got to have bad stuff happen to you. That's part of your journey to being that wounded healer type archetype. But yeah, sorry, I'm rambling here. Can you talk a bit about what was the start of your, or maybe what led you to Yong? Let's talk about that.

Allecia Maine ([00:41:08](#)):

Well, first I would just want to say I'm so grateful to be talking with you, and it is so fricking cool where you are willing to go. Not kidding, it just puts such a smile on my face because you're living it and you're experiencing it for yourself, and then you're sharing it. And from my heart to your heart, I just give you such a huge hug. So thank you for that. Thank you. So this was never on my bucket list. What happened was I've been probably clinically depressed in and out of my life, in and out my whole life. I didn't know I had a lot of trauma, which I didn't know until I was 19 years old. But things happened in my life and I just thought it was normal, but really

Warwick Schiller ([00:42:06](#)):

Started that, sorry, can I ask you a question there? You had a lot of trauma. You didn't know.

Allecia Maine ([00:42:12](#)):

I didn't know,

Warwick Schiller ([00:42:15](#)):

Did you? Because I had a lot of trauma. I didn't know. I just thought that was normal. Was it stuff that happened to you that you just thought, I used to think you had the perfect childhood. Was it that, or was it stuff that your mind that happened to you and your mind blocked it out? You didn't even know what happened?

Allecia Maine ([00:42:31](#)):

Oh, my mind blocked it out. I was sexually abused by my father when I was one and a half. I didn't know that anything was wrong until I was 19 and I was watching, I was in college, and my college was close to my house, so I still lived in my apartment that I grew up in since I was nine. But one day I was laying on the couch and I was in between classes and I, I don't know if you call it, I don't know what you would call it, but it just felt like there was this huge veil, this wet blanket over me that I could not get out from under. And I was watching Oprah, and there was this gal on this young black woman that was talking about incest. And my body went from laying parallel to the floor to shooting up 12 o'clock noon on the clock. And I was like, what happened to me? I didn't remember. I blocked out the entire one and a half. What do you really know? But I mean, I remember being inside my mother's womb and hearing my parents actually have conversations. I remember sitting on the couch at three months old watching the moon landing. I remember these things. I don't know how I remember these things, but I literally remember them. But I had blocked that stuff out. But then the things like,

Warwick Schiller ([00:43:48](#)):

Can I ask you, sorry. Sorry to interrupt. Can I ask another question? Okay. Yeah, of course. Did you always remember being inside your mother's womb, hearing the conversations outside? Or is this stuff's come back to you as you correct, as you've done the Qigong? Okay. Okay.

Allecia Maine ([00:44:05](#)):

Yes, a hundred percent.

Warwick Schiller ([00:44:07](#)):

Okay. Sorry, go ahead.

Allecia Maine ([00:44:08](#)):

So I mean, I remember I was probably six years, I remember it this morning. It was so weird. I was six years old. My mom went out bowling. My dad had cooked my sister and I food dinner, and he loved frank and beans. I hated frank and beans. I mean, literally a vomit in my mouth. I was like, oh, that is not supposed to go into my body. And so I was sitting there and playing with my food and watching tv, and my father's like, why don't you eat your dinner? And I said, because I can't eat this. I was like, I will throw up. And he's like, you better eat it.

([00:44:42](#)):

At six years, I didn't know how to respond to that. It was like, this is my body and my body's saying, no, but you're telling me I have to eat this. Well, I didn't eat my Franken beans. He literally, out of nowhere, grabbed me by my shirt collar, threw me up against the wall. I'm six, he's six three, and I'm hanging there in the air, petrified. I don't even know because I don't want to eat my Franken beans. You're going to traumatize me. He throws me up against the wall, and he's like, eat your fucking franks and beans. And I ate it, and I vomited. But it's like I didn't realize that that was actually abuse. Now, I mean, listen, don't get me wrong. There are things that happen to people that are so much worse, but that's what happened to me and I didn't understand. Okay, I guess that's just normal. It's what your parent does

Warwick Schiller ([00:45:40](#)):

The thing about, because you just right there, you almost tried to diminish what happened to you.

Allecia Maine ([00:45:49](#)):

Yes. And I caught that too. I heard your

Warwick Schiller ([00:45:52](#)):

Thinking by comparing it to people have had worse things happen to 'em. And so something I became aware of, oh, a few years ago when I first started reading a lot of Brene Brown's books, and she was talking about how she was, did this workshop with this group of sexual assault survivors, and I think it was two days. And the first morning she started off the thing and they did the whole thing, and they talked about stuff all day. And then the next morning she started out the session and they said, oh, stop. Hang on a second. We forgot to tell you. But what we normally do when we meet is at the start, we go around and we name our abuser, and we didn't do it yesterday. So can you start off and you can name your abuser. And Brene Brown said, but I wasn't sexually abused. And they said, no, but yesterday you said you feel this and you feel this, and you feel this, and you feel this, and this happens in your body, and this happened. And she said, trauma's trauma. It doesn't matter what happened, it does the same thing in your body. So I just wanted to pull you up there and say, don't. It's

Allecia Maine ([00:47:07](#)):

True, a hundred, I heard you. That's the telepathy part. I heard you before you said it. And I knew as soon as I said it, I was like, he's already aware of this. Okay, but no, not diminishing it. What I'm saying is that at that age, I didn't even know that that was abuse. Do you know what I'm saying? I had no other sense of framework. I'd been in my friend's houses. I didn't see anything like that. I didn't even understand at six years old that that was abuse. So I'm not diminishing it whatsoever. I just get it. At that age, I couldn't understand that was abusive. I just thought, like you said, you just think it's normal. I understand it now. But I grew up in a household where I had to have an armor around me because

when that sexual trauma happened, I jumped ship my whole entire being, the essence of who I am, the orgasmic energy that I am, the life force that I am, that died.

(00:48:11):

It was done. I was gone and all, I was a shell. So I had to create a personality. I went so far up into my head that I couldn't, it's not that I couldn't find my physical body. I couldn't find my soul anymore. And so by the time I got to 13, 14, 15, I wasn't realizing it at the time, the depression, but when I got into 16, 17, 18, I can't tell you how many times I wanted to die. I didn't want to be here anymore. I didn't understand why I was here. I didn't understand what my purpose was. I didn't understand. And the only thing that ever kept me connected was the animals ever was never the people. I never would've just stayed for the people because of what happened. It was so damaging that I couldn't make that connection again. Because the thing was, it wasn't about making the connection with them.

(00:49:20):

It was like I couldn't find the connection to myself that was the problem. And so when you think about that, and you think about how many people have been abused, and like you said, abuse is abuse. I mean, trauma is trauma. And then you've got all these people walking around that haven't even thought whatsoever about healing themselves or that they even have an issue. They're not even aware that they have an issue. And then going to work with horses that are so honest and pure and clean and clear. And they have their own traumas too, mostly by us, because even the horses on the range, seriously, they really don't have issues. They have issues when they come and connect with us and what we do.

Warwick Schiller (00:50:04):

Have you ever heard of a book called, it's by a guy named Robert Sapolsky, and it's called Why Zebras Don't Have Ulcers?

Allecia Maine (00:50:15):

No.

Warwick Schiller (00:50:16):

And it's about how animals in the world don't have trauma because trauma is shit off. The trauma is stuff that stuck in your body. If you think about, and I've been talking about this a lot at clinics lately, if in the wild, let's say, let's say it's an antelope in Africa,

Allecia Maine (00:50:39):

I just saw antelope when I was in Montana, and I saw six baby antelope with their parents. And I mean, I almost felt over myself out of the car. They were the cutest things I have ever seen in my fricking entire life. And I was like, how anybody cannot be sensitive enough not to hurt these beings? I don't get it. But it was just you brought up antelopes. I was like, oh my God, baby antelope.

Warwick Schiller (00:51:06):

So let's say in the wild, a lion in Africa chases a gazelle. Let's go with the gazelle, chases the gazelle. So the gazelle goes into fight or flight, which is flight runs away from the lion. The lion catches the gazelle. Once the lion gets ahold of the gazelle, there's no use fighting anymore because I will tear myself to pieces on these fangs. So we go into freeze mode, we go limp, and then the line,

Allecia Maine ([00:51:31](#)):

Well, there's a mechanism built in about that mechanism. That's the anesthetic that's sort of like, okay, that's what was God's compassion for. Yeah, okay, cool.

Warwick Schiller ([00:51:42](#)):

So the lion takes you back to the cubs and the gazelle is limp. And so the lion might think for a minute, the gazelle's dead and put the gazelle down to do something or whatever. And so then the gazelle has the opportunity to go back through that fight, flight response, jump up and run away. But in the wild, once you go into that freeze mode, that freeze or flop mode, there's only two outcomes. You escape or you die. You don't live in that shutdown state. The lion doesn't put a collar on you and tie you to a tree and keep you as a pet. And so

Allecia Maine ([00:52:27](#)):

That happens to us though as kids when we get traumatized and we don't have a way out.

Warwick Schiller ([00:52:32](#)):

Yeah, that's what I'm saying is we are not supposed to stay in that mode. That's the point I'm trying to make. And I talk about a lot of clinics and domesticated horses are in that state a lot, a lot. And you've been in shut down mode. So you know what it's like when you, you mentioned it. When you're shut down, you don't know. You're shut down. My wife has anxiety

Allecia Maine ([00:52:56](#)):

And nothing gets in.

Warwick Schiller ([00:52:58](#)):

Nothing gets, my wife has anxiety, and when you're anxious, you're anxious when you're shut down, the world is just pretty gray. You're numb. You're numb. But if you've always been numb, you don't know you're numb. And you talked before about that internal life force thing. Every once in a while, depending on what I'm doing, whether it's some sort of meditation or maybe it's some therapy or whatever, but it'll start to come back online and I get to where parts of me will vibrate, and it's like, oh, that's interesting. And I've actually had very few glimpses of when the whole body is vibrating, it's like a tuning fork. And it's like, oh, shit. A person could live like that.

Allecia Maine ([00:53:44](#)):

Yes. That's what Qigong did for me. Trust me, it wasn't on my bucket list to sit and listen to a little Chinese guy who I didn't understand that was going to stick me with needles. That's not what was on my bucket list. I hated needles. I didn't even understand anything about other cultures. And one of my clients, one of my really dear friends and kind of like my spiritual mom, even though I looked alive and vibrant on the outside, I was dying on the inside because I couldn't touch that core essence of my being. So I thought I knew who I was, but this is a very interesting thing that the animals shared with me and that I started to learn with telepathy. Hello,

Warwick Schiller ([00:54:33](#)):

There's a cat about to step on my keyboard here. So if something goes wrong, the cat's on my keyboard. It's so

Allecia Maine ([00:54:39](#)):

Funny. Usually when I'm on some animal from someone, they always just come in and hang out in the room. They just start to feel the energy,

Warwick Schiller ([00:54:46](#)):

Okay, this cat, this is my office. This cat never comes up on this desk

Allecia Maine ([00:54:51](#)):

Yet. I'm telling you, I was on. I've been on with different people. And it's astounding. These animals just show up and they're like, oh, I get you. I'm just hanging out in your vibe. I'm like, okay,

Warwick Schiller ([00:55:02](#)):

Cool. No, she's definitely hanging out in your vibe. Hey, darling. Oh,

Allecia Maine ([00:55:05](#)):

She's fabulous. Oh, she's got such a cool personality. She's Queen B, no question. She knows herself very, very well, and she's very comfortable with herself.

Warwick Schiller ([00:55:21](#)):

You are interested,

Allecia Maine ([00:55:22](#)):

Very in tune with herself. Yeah. So a lot of this, not kidding, it's weird, but honestly, a lot of this was born out of wanting to die to the trauma of what I experienced, not really actually having known I experienced it, that it was trauma. Do you know what I mean? That it was that. And my mom also, she had a mom who was clinically manic depressive. I mean the jolts to the head kind of thing with the electric stuff and in out of institutions and stuff. And we also forget too, that there's ancestral trauma. And so one day my mom came out to visit me in Colorado, and she was like, I'm getting a migraine, the altitude, whatever. She's like, I'm having a really hard time breathing. And at the time, I was really into my Qigong, and I was like, one of the things that Qigong taught me was get rid of the books for a little bit.

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

It's cool to understand things, but have the experience and then tell me about your experience, because then that makes you be in your body to have to describe what you are experiencing. So I'm very empathic, which just kind of means literally I pick up. I mean, you could teach me a whole system. I don't need to know the whole system. I understand how to go right to the center of the system, to the essence of it. That's somehow how my grandma, Lou, my Qigong master, the Qigong that he taught us, that's what it did. It brought us right. I don't know everybody. That was just my experience, but my mom's standing there and we're in the kitchen. And I said, mom, would you trust me? And she said, yeah. I said, okay, I'm going to have you breathe in a certain way. I had been studying breath work, and again, that came through my Qigong.

([00:57:11](#)):

I was just shown through my practice, this is how you do it. And I put my fingers on two points on her face, and she was like, oh my God, I feel like I'm going to pass out. I got to lay down. I got to lay down.

When she got back up, I cannot explain this, but she looked 25 years younger. I don't know how to explain that. I mean, it's like, okay, I get it. That's what she field, and that's what happens. When we let go three and a half weeks later, she had gone to see her brother and her sister. They went to the beach to have lunch. And my mom has a bit of a kyphosis, like a roundedness in her back, and they never really knew why she had it. But her brother lands up telling her, don't you remember when you were three months old, mommy threw you out a three story window and you landed on the grass in the park.

[\(00:58:09\)](#):

My mother never remembered that until that moment. That's where all the nausea was coming. She could never figure out where the migraines were coming from because it was an experience that happened to her that her body remembered, which at three months old, she couldn't remember that. But not for nothing. But who the hell would want to remember that? It's just we have no idea what we're carrying. A lot of the times trapped in our bodies. We think our brains are so intelligent, but I'm like brain's just the processor. The body is really where the wisdom and the intelligence comes from. And that's, so the telepathy happened first of being able to hear and listen. Then what started to happen was the body work, because I was getting acupuncture and because one of my spiritual mom was training in medical Qigong. So you're not using needles, but you're using your fingers to push on different points and help the whole entire system come back into balance.

[\(00:59:18\)](#):

And traditional Chinese medicine, even though western medicine will sit there and say, well, they don't know that much. I'm like, ah, for 5,000 years they've been studying how they, so I kind of trust it, and I've seen it how it works. So one, my girlfriend would give me these two Gong Meridian therapy treatments, and it was so weird once my, and I would just sit in the chair and she'd work on my body. And then one day my dog was jumping for a Frisbee and his back feet didn't catch him, so he landed right on his tailbone. And I had never studied Qigong meridian therapy, nor would I say I was doing Qigong meridian therapy. But while I was sitting there with the dog, he's like, why don't you do that thing for me that your friend does on you? And I was like, what do you mean? I mean, I'm a human. You're a dog. He goes, just do it. She's so funny. She's like, well, I got a kink in my back. She's like, why don't you take that kink out of my back? I'm like, well, we could do a body assessment on her right now if you want.

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

I don't know if you guys just heard it, but this cat just purred into the microphone. But this cat never comes up here in my desk like this.

Allecia Maine [\(01:00:34\)](#):

I was on with Loki Phillips, and we were working on his horses at a distance, but I could not see the horses. So he was in his office. I was like, oh my God, your cats. He goes, no, this isn't my cat's brother. He never comes in here. And I was laughing. I was like, what can I say to cats? Love me.

Warwick Schiller [\(01:00:53\)](#):

This cat's just, and she's excited right now. This is,

Allecia Maine [\(01:01:00\)](#):

Well, she's like, oh, we're going on a whole nother journey with body alignment and telepathic communication. She's like, this is cool. I did the thing with my dog and within four days, and we had

been to the vet and he was paralyzed for four days. He couldn't walk, but I just kept doing this treatment and somehow he was indoctrinating me into, Hey, you could do this on the animals too. It doesn't just have to be humans. And that's literally how I created my NSYNC body assessment, because he showed me what to do, and then I landed up years later with a dog. She's like, where is she? I'm like, turn around. I'm not in the microphone, baby. I'm on the computer.

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

This cat is pairing into the microphone.

Allecia Maine ([01:01:49](#)):

She's just knocking the microphone over. Well, she said, basically she's saying, by the way, this is not all about horses. All of us animals, including us cats, we're telepathic. You can work on our bodies. You can do so much with us. So it was very interesting because some things I studied in books, some things I took some classes, but the rest of it, the animals were like, you're going to have to just trust us and we'll show you exactly what to do and we'll tell you how to do it. We went from that using telepathy to actually understanding the natural science of the animals. Literally their behavior patterns, but not the way we see them as humans, how their bodies literally, especially the things that we can't recognize or pick up, it affects their behaviors. It affects everything. And us too. I think the biggest picture is honestly, yes, we have a prefrontal, but we're all mammals and we can acquire a lot of information. We seem to be in the information age, right? There's so much information and the animals are funny. They go, yeah, you people think information is power. Knowledge is power. But they said, unless you actually use that power combined with wisdom. All it is is just more information.

([01:03:26](#)):

And that blew me away because I was like, whoa. More takes place in silence sometimes than it does. Even in speaking

Warwick Schiller ([01:03:41](#)):

It does. This cat is just going nuts right

Allecia Maine ([01:03:43](#)):

Now. I know. Do you mind if I do? Can I tell you? Yes. Are you okay if I work on her?

Warwick Schiller ([01:03:49](#)):

Let's work on the cat on the podcast. Okay, I'm

Allecia Maine ([01:03:51](#)):

Done. Okay, cool. So I'm going to tell you exactly where I'm at on the cat. I can't fully see her. You can see her, but I'll tell you where she's at and you tell me what she does and how she shifts. Like, listen, I got a vertebrae out in my back and you need to fix it. So I'm going to start at the top of her head between her ears. Did you see how she, just that because now I can see her, she's like, oh, you're touching me. I'm like, I am touching you. You can feel me. And you're in California, so we're at least 1,250 miles from each other. Yes. All right. So I'm checking the top of her head and basically my hands are one inch off the center. Okay. What her spine would be, I'm one inch off the center of the top of her head. So

Warwick Schiller ([01:04:34](#)):

If you guys at home, she's now sitting perfectly still. She's been walking backwards and forth, rubbing on me, rubbing on me moving around. Right now she's sitting perfectly still like a sphinx head. Okay,

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

So now I'm a little forward of the center of the top of her head, and she's got a little bit of compression in her cranial plate, so I'm just going to open that up for her. Now she's stretching on her neck a little bit more. She's like, you really are touching me. I was like, yeah, I know. So this is Warwick. This is quantum entanglements. This is regardless of where we are, no matter how much space, time, distance, I don't even know your cat. Now she's got a little bit of compression that's dead center her head a little bit off to the left, so I'm releasing that. She's like, yeah, I banged into the wall. I was like, okay, this is quantum entanglements literally in action. This is who and what we are. We all have these capabilities. Now I'm a little bit behind the front of her head and the left side is compressed down a little bit towards the ground, and the right side was popped up a little bit. So I'm rebalancing that. She's hilarious. The way she's staring at you right now, this cat is, she's like, are you seeing this?

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

Yes, I'm seeing this. This cat is sitting in front of me, staring me in the eyes and not blinking and not looking away, and this cat has never done this in her entire life.

Allecia Maine ([01:06:01](#)):

Okay? So now I'm on her oapu. So the left side of her oapu stuck a little bit, so see how she just turned her head to the right? She's helping me release that on her. Like, ooh, she's at, that's stuck. Okay, we're unsticking it right now. There you go. Okay. Now even now her also puts even I'm on C one, you're on C one. So C one has popped up a little bit on the left and compressed down a little bit on the right. So I'm just rebalancing that for her. She indoor outdoor both or just, yeah. I was like, oh, these things didn't just happen in the house. I was like, you are a huntress. Oh yeah, she's a, she's like, yes, I am. I'm a huntress. She said, but they should take the damn bell off of me because it screws up things when I go to catch stuff. She said, I understand why, but she said, from my perspective, the bell thing isn't exactly happening.

Warwick Schiller ([01:06:58](#)):

It doesn't help me catch birds.

Allecia Maine ([01:07:00](#)):

No, it does not. All right. So her C three is pretty compressed inward and shifted awkwardly, so we're opening that up. Oh boy. So that's opened up with her whole head and her neck. Now this is the thing too. So yes, we have chiropractors, we have amazing body practitioners. What I do, where we are right now is kind of actually the five D. Does that make sense? We're sort of out of the three D dimension of those five senses, and now we're getting into those 12 senses. Now we've actually entered just a dimension where holy cow, quantum entanglements are really real. So they're happening all the time, but we don't always sense them with our five senses. We sense we have to go beyond the five senses. One of my other favorite quotes is from Grandmaster non Lou, and he used to say to us, I teach you the technique, not so you stay stuck in the technique. I teach you the technique. So you transcend the technique and you're working with pure energy. So we learn whether it's horse training, going to the

gym. The whole point is not to stay stuck in the five steps. The whole point is use those steps to train your energy, to train your chi, and as your chi gets trained, because one of the things about chi, and I'm still working on your cat, I'm still going down her neck while we're talking. That's why you see my thumbs kind of moving. I'm working on her while we're talking.

[\(01:08:49\)](#):

The thing with chi, the trauma disrupts the chi. Different things happen. Our Q gets disturbed. We're eating. Qi is our vital energy force. It's everything that we are. It's the soup, basically. And so when that gets turd, the reason why we practice things like Qigong is he used to tell us it's like taking an inner shower every day. He said, you take an outer shower for your outer body. Qigong is like the inner shower that keeps the energy flowing, that keeps the spine structure balanced, that keeps the flow that happens inside the body fluid. That's why when I work on these animals and I work on their bodies, their behaviors can shift almost instantly and their health can shift almost instantaneously at the speed of light when I'm not even touching them. Because the qi is connected. No matter what species you are, it's who it's, it's the essence of who we are. Does that make sense?

Warwick Schiller [\(01:09:58\)](#):

Oh yeah, certainly.

Allecia Maine [\(01:10:00\)](#):

Yeah. So the CAD is just like, I don't care what it is. I don't care what you want to call it scientifically. I don't want to get, just fix my freaking back. I'm like, okay. So it's kind of mind blowing because we do everything through our five senses when you talk about that lens. So if our lens is just the five senses and that's the lens we keep seeing through, then we're only going to be able to do what we do and repeat it through the five senses to get beyond the five senses to transform.

Warwick Schiller [\(01:10:37\)](#):

And it's only mind blowing because we are in that book, that radical holness book about that they say that those kids grow up not only being told about, but see people referring to and using all of those sensors. And so it's not mind blowing to them because normal to us it's mind blowing because Exactly.

Allecia Maine [\(01:11:09\)](#):

Because we're indoctrinated to cut off from all think we talk about the United States. It was just Independence Day, by the way. She's really out at T eight, so I'm working on that right now for her to release that. So Independence Day and the United States and freedom. Well, seriously, we really tell the truth. We don't cut off our actual history. United States got formed because lots of people got killed, murdered, raped, lands got stolen. That's how it got where it is. And then we say, oh, what is it in the constitution? Every man is free and has its own right? Really? Does a brown-skinned man have his own rights? Does it really? It was all about white people, and I'm a white person. I'm a white Jewish person. I'm not throwing us under the bus. But I'm saying when you start with this telepathic stuff and you really start understanding the truth, not the conditioned truth, not the ego truth, but the truth of what actually happened and has taken place and what we have taken part in and the collective that that is, man, I don't know if a lot of people want to truly understand the truth.

[\(01:12:32\)](#):

I mean, there are some, I know I've said I want to know the truth, and that was my thing about knowing the animal's truth. But it's come with some pretty heavy prices of having to see what have I done in past

lives. When I saw Cisco had a brand on him, my horse, Cisco, I never checked it out what the brand was, but one night I had this dream, and in the dream I was the head of the Spanish riding school. I was big and stuff, and Cisco was my horse, and I beat the living daylights out of that horse.

[\(01:13:16\)](#):

I spontaneously just started crying. I didn't even know what to say. I was like, why does this thing keep calling to me, not just about the brand, but it was about the memory in this lifetime. He came back to me, he came to me, and I would've done anything to take care of that horse in the best manner possible. And I had to face what I did. I had to face what my old thinking and my old beliefs were. And that horse chose to come back in this lifetime to be with me so that I could learn what I could learn directly from the horses. Not my perspective, my perspective, honestly. I mean, I can share things that I've learned, but my perspective personally doesn't really matter. The only thing that matters is the truth of these horses. And so while I thought in the beginning, okay, telepathy is cool.

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

You can find out what's your favorite toy or what's your favorite spot in the house kind of thing. Learning what I've learned from these animals now about their science, literally the energetics of how they work, how they understand this 360 degree experience, how they understand themselves and their connection in nature, how they understand us and how they're here to help teach us about our own personal power and how to reclaim that from a world of abuse, not just in this lifetime. I mean, there's been many traumatic things that have happened on this planet that we've probably experienced and have amnesia to. So we're cleaning up a lot of poop in this lifetime. And I thought about that a lot when I was cleaning up my horse's poop. It was just like I would do these muck meditations. It was like, wow, not only am I cleaning up their crap, I'm having to clean up my own and look at myself.

Warwick Schiller [\(01:15:12\)](#):

I think that's a pretty common thing. Cleaning poop is quite a meditative practice, I think,

Allecia Maine [\(01:15:20\)](#):

Right? And then when I grew up, no poop cleaning was not my thing. It's took me a while and going through Qigong to become wise about my sifu used to say the master is probably going to be the one out front sweeping the steps, not the one who's in the most glorious robes and has the greatest charisma. And I was like, I never really understood that from a white mind because in our world, even from Australia, I mean, it's the person who has the most money. It's the person who has the greatest property. And then again, there's amount of knowledge and wisdom there, but it's like what wisdom are we truly choosing to have the materialistic wisdom of how to gain all of these things or that bigger wisdom. Who are we and why are we here and why are we in connection with horse?

[\(01:16:25\)](#):

And I mean, my understanding is horse doesn't really need us to do stuff with them. They don't really need us to train them, right? We do that because we enjoy it and we have an agenda. And at least if we could just be aware, we have an agenda, not get bad or wrong, just we have it. We just own it. Right? And that's, I mean, I talk about that in my book. It's like my horse was relentless. He was going to break down my ego because I couldn't have an ego and then be able to talk about this stuff.

Warwick Schiller [\(01:17:09\)](#):

Can we talk about your book? So the book is called Sittings with Cisco, is that correct?

Allecia Maine ([01:17:15](#)):

Yeah.

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

Well, tell us about Cisco. Where'd you get him from? What's his story?

Allecia Maine ([01:17:23](#)):

That's another one of those interesting things. So I was at a friend's house one day and her son was about six or seven, and his bowel muscles hadn't closed, so he still had to wear a diaper. He was a brilliant kid. He was a fabulous, fabulous, loving, amazing, amazing kid. And having been a fitness trainer, I said to her, Mary, for some reason, I feel like he's got to be on a horse because it's going to be the thing that's going to have to activate those bowel muscles that if he's sitting on a horse, the musculature up through his bowels, up through his belly is going to have to start to trigger a memory. Maybe we could turn them back on for him. So I left her house that day and I just said, universe, I need a horse. I thought I was going to get a horse for two hours a week that David could just, we could put him on him.

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

He could sit on there. I walk him around. That's what I thought. Well, about two weeks later, my neighbor is having a yard sale in her front yard, and her sister makes rope halters and stuff. And there was a beautiful one. It was like fuchsia pink and gold. And I was like, I don't know, I'd have to have that halter. And I'm walking out of the yard and she goes, Alicia, do you have a horse? I said, no, but I think I'm getting one. I was it. And I had met Cisco the year before because my roommate Michelle, it was her horse, and she had me come and do some body work on him and connect with him. And I just knew there was something about him, and I even felt inside. I was like, oh my God, I wonder if that horse is supposed to be mine.

([01:19:05](#)):

Well, I buy the halter, and two weeks later I'm driving down the road and my friend Michelle, she's a gardener, she's a master gardener. So she put an installation in for a restaurant, and I stopped by to see her, and she didn't even, I was like, and she's like, I want to give you Cisco, and if I give him to you, you have to pay for him and you can't ever take him. I can't take him back. And I was like, wait, what? So that's kind of how I got Cisco. I started out, I didn't even have enough money to pay \$125 a month to board him. He was on full pasture and he had hay in the winter, and she told me this. I was like, that's not the way that I was thinking about getting a horse. I just thought it was going to borrow somebody's horse. But Cisco showed up and I said yes. And then that started our 21 year journey for us of learning things. I never in a million years would have thought I would ever learn from an animal directly.

Warwick Schiller ([01:20:07](#)):

So tell us about the book. When did you write it and what is it about?

Allecia Maine ([01:20:19](#)):

So even though I was a communicator at the time, I don't know why, but in the very beginning, it was a little challenging for me to really grasp that Cisco and I were actually having these conversations, like you and I are having these conversations. And it was probably about six months in that I finally started realizing like, oh my God, why do I think I can't talk to him the way I would talk to any other animal that a client calls me for? So we started having these conversations, and one day Cisco said, you need to

show up tomorrow with a notebook and a pen, and you need to take dictation. And I was like, I mean, that's when I sort of started looking around, am I on candid camera? Is this a flip and joke? Because seriously what horse is going to tell their human?

[\(01:21:13\)](#):

You need to sit and write down this stuff. I didn't know what he was going to tell me, but I showed up the next day with a pen and a piece of paper and I started listening to him. And what started happening was in all of our interactions, he would let me be me, do me do my thing, and then he would share with me insights about stuff from his perspective and from a horse's perspective, what was healthy human behavior and what was not. I had a lot of, I mean, didn't, like we said before about trauma, right? Sometimes you don't know. You don't know. I thought I was normal and cool and not screwed up. And then Cisco kind of started showing me little by little, I had a lot of things. I had a lot of inner stuff to work out and work through to get back to understanding the essence of who I am as a human being.

[\(01:22:15\)](#):

And so that's kind of what started our journey. I mean, I got him, I think she gave him to me in 2003, and then 2004 I started writing and I'd write down everything. I write down everything he told me verbatim. I mean, this is a true story. It's not a story. It's a true accounting of our experience together. And I mean, he would tell me things sometimes, and I mean, I would just sit there with my jaw on the floor because I couldn't believe I was hearing this from a horse. I couldn't believe what this horse understood about me. I couldn't believe what this horse understood about human nature. And seriously, sometimes I'd question my sanity. I was like, I could be making this whole thing up. But then when I would write it down and I would apply what Cisco told me and his behaviors would shift and I would shift, I was like, he's not making this up.

[\(01:23:14\)](#):

I'm not making this up. So I had the experience fortunately, of being able to work with this horse at every stage because I'm not a horse trainer. I've ridden horses, but I wouldn't know how to start a horse. And that's how the book really came into being. This was being willing to even no matter how stubborn I was about being right or that I want to ride, if that horse didn't want to be found on 65 acres, he wasn't found until I settled myself and then he would appear. So it was a lot of trial and error, but it was just a lot of listening is how the book got written. And so I completed it in 2007.

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

In the middle of that right there. You said something that not concerns me, interests me. You said at one point in time there you said, I wonder if I'm going crazy.

[\(01:24:22\)](#):

And I had dinner recently in Australia with a friend of mine who she communicates with people who have passed. And to her a lot of times she said, I'm having a hard time differentiating between the people who are physically in this realm and the people who are just spiritual in this realm. And she said, I'm afraid of losing my mind. I'm afraid I'm losing my mind because like she said, they look as real as everybody else to me. And actually while we're having a conversation, she turned and talked to somebody right behind her who wasn't, I couldn't see anybody there. And that, I think that's one of my concerns as, and I'm not talking about me getting into the telepathy thing, but as I start to heal traumas and work on myself, I don't know, it seems like it's something in my mind too that I'm like, what if I go crazy? So how did you reconcile with the thought of, I forget if you said, what if I go crazy or I think I'm going crazy or whatever, but did you reconcile that?

Allecia Maine ([01:25:55](#)):

Well, years before I had gone crazy. The experiences that you're talking about that your friend had, I had those, I had experiences where when I first started communicating with the horses, I would literally feel like how shamans can go inside the body and be there and look, I would literally feel like my face was a horse's face. And I was like, oh my God, what is happening here? So I actually had to go through it and I had to go crazy and it went crazy. And then I had to face that fear of what crazy was. Because remember, we get indoctrinated into a box thinking of what's real here. And that box only allows us to pretty much access our five senses. But if the creator's truth is that we have 12 and somebody's cutting us off from those other seven, well, we get the box becomes our mind, our physical mind of what we can accept, what's real, what's not real, all that stuff.

([01:27:17](#)):

The difference between a regular person and a shaman is they've gone out of their mind. So we have our human conditioned brain, which is an easily programmable mechanism, and that's what happens in our indoctrination. If you tell somebody something over a long enough a pound a time, or you make them practice it, that's what they believe is the truth, especially when they have no access to anything else. So it starts to happen when we're kids, but think about how the indigenous peoples raised their kids. They raise them with their 12 senses. They didn't put their mind in a box. They didn't try to control their awareness. They let them understand what and how everything is deeply connected in that quantum energy field.

([01:28:08](#)):

So for me, I had to go crazy. I saw people when I was in Times Square and when I was in Penn Station, just like in the sixth sense, I saw people walking past me, this lady's face her entire, there was nothing there. There was no skin, there was just, and I was like, holy, while I'm sitting in Penn Station with all these other people walking around. So the thing is, it's the walking between worlds because we're conditioned to the five senses to only understand and walk in this world when we've got these seven other senses and we've got this much other bigger soup that we live in that we've been indoctrinated to disconnect with and to disconnect from. So then we think we're crazy because it doesn't fit the box of the conditioned mind or the brain. But that's when we start actually opening up to our spirituality to recognize, oh my God, there's all this other stuff that we're connected with that we didn't even know about. And so what do we label it? Or I'm crazy or I could be going crazy. No, you're actually going straight.

Warwick Schiller ([01:29:30](#)):

The friend I had dinner with the other night, she said the same thing because she said, these people I see are in the same condition they died in. So you see people with missing body parts.

Allecia Maine ([01:29:46](#)):

Well, and I have to say something about that because I've had a lot of experience with animals crossing over. And so I do think that there might possibly be a purgatory where people get stuck. So what she's seeing and what I'm seeing in terms of how they died, they might still be stuck in the energy space of when they died. They may not have fully crossed over, but when I see the animals and when I see them fully crossed over, they're in their light body. So they are healthy, they are free. They're just like, oh my God, you got to tell my parents I'm doing, it's so good. And obviously you don't want to upset the people because of course the animals still love their people, but the density that binds us on these levels

releases and we realized all the things that we were suffering about or all the things that we were traumatized about, they fall away and then we become pure consciousness again.

Warwick Schiller ([01:30:54](#)):

Can I ask you about the going crazy bit again? Sorry, really interesting. How did you come to terms with that? And probably another part of the question is did you think, were you worried about you going crazy or were you worried about what other people will think of you going quote crazy?

Allecia Maine ([01:31:29](#)):

So my spiritual mom was a hippie, and when you hang out with a hippie and when you get stoned with a hippie, you see the world very differently, especially a hippie that does Qigong. And you wake up to, did you ever see the movie? What Dreams may Come with Robin Williams? No,

Warwick Schiller ([01:31:49](#)):

I'm going to write that down. Right

Allecia Maine ([01:31:50](#)):

Down. You get a chance to watch it. Okay, this is going to directly answer your question about the crazy or not. So I was always worried about what people thought about me and what this journey really did for me. I got to a point now also to take the background of my grandmother on my mother's side was crazy, literally crazy as we define crazy, right? She was literally mentally defined as crazy. So I must've heard as a kid, my father talking to my mother and saying things about being crazy, don't be crazy like your mother, which not for nothing, but literally her mother was literally crazy. So one of the things, and it is so weird because it's tracking back now, my father used to say things about being crazy, and I was really sensitive to it, I guess on sub subconscious level. I knew my grandmother really was crazy and I didn't want to be like that.

([01:32:52](#)):

So for a long time I really cared, and that's why I stayed in the box because I was so afraid. If people think I'm crazy, how am I going to live? How am I going to survive? How am I going to, when I started with Qigong and I started getting back to nature and just inherently in my cells starting to have experiences in my life that were outside of that box, we would call it paranormal. But then I started realizing this isn't paranormal. This is actually what's happening all the time. And then from Qigong, I started studying with some Native American teachers, and I started having some experiences, which literally would be labeled crazy, but they were like, this is natural. This is the natural world. So I was breaking out of that box, and I think that the label that we put on crazy is so that we stay controlled in the box and somehow, so one thing that's not in the book with Cisco, because it happened years later, Cisco had a really bad injury and he had a thing called Sweeney shoulder.

([01:34:09](#)):

So I wasn't even sure if he was going to need to be put down or not. The thought of even being able to rehab him ever that I'd ever ride him again was off the table. But I started studying things and understanding ways and calling in practitioners to help him get better. And one day I was sitting on a fence rail and he was just right there. It was just like that perfect, like, Ooh, can I please just sit on your back? I could just slide on your back. This would be so easy. And he said, don't do it. I did it. And the result of me not listening to him was 13 broken bones. Now, it wasn't a bad accident. He just started

trotting downhill, and I slid off and I was knocked unconscious. And when I went to get up, I didn't know I had 13 broken bones.

[\(01:34:53\)](#):

I don't know how I got up. I don't know how I got to the house. I had no stomach muscles to get me up. But somehow that injury, it cracked me open so wide because I didn't listen to my telepathy because I thought, well, I could be crazy. Maybe I made it up. It was such a clear indicator from the universe, you are not crazy. And if you don't listen, you're going to get really hurt. If you don't listen to your instincts, if you do not listen to what your horse tells you, and if you do not pay attention to when spirit speaks to you, you're going to be in a lot of pain, not as this is a punishment. It wasn't that it was such a clear indicator. And with that many broken bones, there was nothing that I could do except lay there and listen to spirit and listen to and trust myself that I was not crazy.

[\(01:35:54\)](#):

And that's actually I think what landed up, at least from the previous experiences, because my soul self was not strong enough to fully have the conviction to truly trust and know that what I was hearing was really what I was hearing, and that we can hear spirit. We've just been taught we can't, that it took that injury and then it also took the healing of that injury. I mean, I was sitting up in my office in two and a half weeks. I was in the hospital and the nurses are like, oh my God, we've got to give you morphine. I was like, do not give me morphine. I was like, I know how to breathe. I know how to do my chi. I started healing myself that night. I had to pee, and they said, oh, we'll get you a bedpan. I said, you're not going to give me a bed pan.

[\(01:36:47\)](#):

You're going to help me get up and go to, they were like, you broke 13 bones. You broke nine ribs. They're broken. Your collarbones broken. You got transverse processes that are broken. And I said, that's okay. I trust my body. And I figured out a way my body showed me how to set the bed, how to ease myself off of it, how to go to the bathroom. I mean, I couldn't go from lying flat to getting up because I didn't have stomach muscles because my ribs were broken. But that really started it because before that I was like, I might be nuts. I really might be crazy. And then the universe, I guess because I didn't listen, was like, Nope, here's your wake up call. You're not crazy. And I mean, have my dad. Let's do an animal communication back 30 years ago, okay, now look at where we are now with people opening up to it and being aware of telepathy and all of this stuff. 30 years ago, my father looked at me and he said, even if you can do it, you really shouldn't tell people that you can do it because they're going to look at you and they're going to think you're nuts.

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

You mentioned Rupert Shera before. Do you know who Dean Radden is?

Allecia Maine [\(01:38:06\)](#):

So funny that you mentioned Dean's name. So how funny how things happen. I get an email from the Institute of Nomadic Sciences, which Dean is the president of, and the horses step in and they go, you need to write him right now. You need write. I got a newsletter. They were like, you need to respond right now, and you need to tell him about your study with quantum entanglements. And she with the horses. So I write and I'm thinking, I'm never probably going to hear from this guy. I mean, he's probably going to be like, whatever. 15 minutes later, I get an email from Dean Radden and he says, this is very interesting. I have a senior scientist who I want to introduce you to who wants to do a study with Qigong and horses. So he connects me with Dr. Garrett Young of Institute of Noetic Sciences. So we are literally

now we have a study that dean designed on telepathy and equines, and we've raised half the funding for it. It's \$30,000 for us to do the whole scientific testing. So we raised 15, we're in the process of raising the next 15 to do a study through the Institute of Noetic Sciences designed by Dean on telepathy with Equines.

Warwick Schiller ([01:39:27](#)):

Really?

Allecia Maine ([01:39:29](#)):

Yep. I can't make this stuff up, Warwick. It wasn't on my bucket list.

Warwick Schiller ([01:39:35](#)):

The reason I asked you about him is because in his book, real Magic, he talks about talking to a group. I guess he, a lot of guys started out like a straight scientist. If you can't see it, you can't prove it, sort of thing, right? Five senses. And in that book, he was saying he was addressing a group of other scientists who don't believe anything he's really talking about. And he said to them, if I can prove this beyond a shadow of a doubt, double blind studies the whole bit, if I can prove this out a shadow of doubt, will you believe me then? And they said, no, it won't. It's too far out of our comfort zone.

Allecia Maine ([01:40:17](#)):

I can't work on a horse in front of their face. They will see the change. I've done this with dog trainers too. Dog's entire demeanor has completely changed. Their movement has changed. Then they go back to the 5 cents. Well, but it's like shortcircuiting them because they can't get past unless it's, it's like, well wait. First you're seeing it. You might not be hearing it, but you're aware, right? We've lost our ability to be the science because of the five census box. We are the science. We are able to see these things and go, holy moly, wow, that did shift, but we're in the five senses. And you're not doing something like Ong or you're not even pulling off any of the veils. You're just going by the two D hard science data. Well, we both know animals don't understand or read science papers. They read energy, and we are here trying to apply human-based science, and we're not even fully understanding the animal science except for the fact of body language.

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

And I'm like, oh my God, they have. So this is why honestly, as I've been proceeding with this and this study, and as Garrett and I keep talking, it's like, oh my God, I think this study might change the world. Now the world's not going to change all at once. But when we have the actual proof from the science that the telepathy is real with animals, maybe a lot of things that I say that are direct science from the animals, their natural science, hopefully it will be more well understood. And when I think about working with horses, I'm like, how could you tell me horses if you're not even knowing that they're first form of communication is telepathy? So I'm looking at this of, we're doing a lot of stuff with the animals, but we're missing the first two steps. The first step is understanding the telepathic communication, and that is a hundred percent real. And we think we know so much when we don't even know that.

Warwick Schiller ([01:42:27](#)):

And

Allecia Maine ([01:42:27](#)):

Then the second part is the bodies and how they affect the behavior. You have to know what's going on in that body because you wouldn't have a behavior if you don't have a body. The only way you have a behavior is because you have a body, and it's not just the chemistry. It's fascinating.

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

Yeah, I think old journeys, you think you have the first step and then you are basing everything on that being your first step. But then at some point in time you realize, oh, hang on, there's a step before the first step. And then you base everything on that first step. But then after a while, hang on. Now there's a step before the first step. That's before the first, and who knows how far it goes back. But I think that is the work right there is figuring out the first step before your current first step being open to that.

Allecia Maine ([01:43:24](#)):

It is so cool the way this conversation is going. So I was invited by Carolyn Resnick. Yeah, you recently met her. Okay. So I was invited by Carolyn. I got connected with the filmmakers for Rescue Hearts, the filming they're doing. Okay, there you go. So I got in touch with Dana and C back in last October, and we did some filming. I was working on horses at the rescue that Dana worked at and volunteered at for a long time. And then we started talking and all of a sudden, somehow I got Carolyn's newsletter and the horses go, you need to email her right now. And I'm like, email her right now. I don't know. What do you want me to do? They're like, you need to send her your PhD. Send her my PhD. She contacts me back. She goes, I'm very interested in this. We need to talk.

Warwick Schiller ([01:44:23](#)):

I can see you're saying that

Allecia Maine ([01:44:25](#)):

We started with a series of these fabulous Zoom conversations that were just so mind blowing because I knew about Carolyn from working at Return to Freedom as a volunteer. And then Netta introduced me to the book, and I read Return to Freedom, and that was my whole, like, I'm going to work with Mustangs thing. And so Carolyn and I are having these amazing conversations, and she said, I want to invite you out to do a clinic, not for nothing but the first horse clinic you get to ask to do, and it's Carolyn Resnick. Are you flipping kidding me? So of course I said yes. And then it was crazy because Dana had asked me something about Carolyn Resnick, and I said, I just talked to her today. She goes, can you get me connected? So I got them connected for the filming there. Oh,

Warwick Schiller ([01:45:14](#)):

So that's how Carolyn met them?

Allecia Maine ([01:45:17](#)):

Yes. Yep.

Warwick Schiller ([01:45:18](#)):

Well, how I met them was because Carolyn said, Hey, you probably should include this guy in your film. Yeah, okay.

Allecia Maine ([01:45:25](#)):

Yep. So it all kind of started in my living room. It

Warwick Schiller ([01:45:28](#)):

Did. That's crazy. Which

Allecia Maine ([01:45:30](#)):

I'm grateful for because they're fantastic and what they're doing is amazing. And so we worked it out. Dana and Christina were going to be in California. They were going to film Carolyn, and then they also filmed, they were going to film my clinic, and I used to, Carolyn, are you okay if we do this in the next month? So we were talking back and forth and we came up with this phenomenal name of the clinic, and it's called Before

([01:45:55](#)):

Meeting in the middle of the arena with the essence of horse. And so what that is, me working on a horse at a distance with everybody kind of sitting around watching with their own eyes, we talk about quantum entanglements, right? So the horse is getting realigned. People are watching this. They're watching what's happening, and I'm not touching the horse. I'm 20 feet away doing my instinct thing. The people I looked over at one point, not one person did not have tears streaming down their face because we weren't coming from a place of, well, if you do this with the horse and you move the haunches and you move, it had nothing to do with anything that we know in our intellect about horses. It had everything to do with essence. And what was happening was as the horse was getting worked on, these people were quantum entangling with the horse.

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

So they were getting worked on, and wherever their emotional stuff was stuck, it was coming up for them, seeing things through the lens of that purity that before you ever knew anything about a horse, before anything, anybody told you anything before anybody instructed you on anything, just when it was that pure horse, oh my God. You know what I mean? So it was fascinating because I realized, I kept feeling, I was like, well, I should know more about the training aspects. And it was like, no, actually I shouldn't. Because where we are with horses now, with all the information we have and all the knowledge, we're still missing the basic wisdom, that first step before the before. And that's my place of where I come in, not with equine therapy or any, it's all wonderful and it's got its do place. But this is have an actual experience again, of your essence and the horse's essence, and then decide how you want to approach things from what your truth is.

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

Obviously always with safety, I'm not going to tell you going with a psychopathic horse is going to try to kill you, right? There's boundaries and there's clarity, but we're taking this more to a five, the fifth dimensional awareness where everything is in communion. We're very intellectually intelligent, but that doesn't necessarily make us really smart. If you look around at the planet and what we're doing and how we're treating each other and how we're treating the very source of life that we cannot exist without, not that until, I'm not convinced the human species is the most intelligent species. I think we're going through an evolutionary emotional growth spurt.

Warwick Schiller ([01:48:58](#)):

Well, yeah. Is it? But I'm not sure it's even a growth spurt, as in we are not. I think it's just an undoing of indoctrination because at some point in time it's not like humans have never ever looked at things this

Allecia Maine ([01:49:19](#)):

Way. Exactly.

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

You know what I mean? It's not like, yes, we are doing something no one's ever done before. It's

Allecia Maine ([01:49:26](#)):

We just have better marketing this time. Yes,

Warwick Schiller ([01:49:29](#)):

Exactly.

Allecia Maine ([01:49:29](#)):

It's all been done. There's nothing that anything we're doing with horses, anything we're doing with ourselves, it's all been done before. Yes. We just don't remember.

Warwick Schiller ([01:49:39](#)):

Yeah, just it's just peeling away the layers of all the bullshit that's been fed to us for quite a long time. Exactly. So it's not like the human species are not smart or whatever. I don't think we are improving the human species. We are changing our current perception of things. I think that that's the way's where I

Allecia Maine ([01:50:06](#)):

Look at, yeah, we're maturing beyond the indoctrination. The indoctrination gave us right and wrong. It gave us the duality, but what was here before was right relationship

([01:50:21](#)):

And nothing is a square. Everything is a circle. All of our cells in our body, everything is a circle. So we're just coming back full circle. We tend to think of things very straight ahead. I laugh, I'm like that 10% in front of the horse's face that they can't see. That's how humans see 10%. That's the bit. But then the horse sees 350 degrees and the humans are still seeing 10%. That's why we need the animals to teach us and remind us who we really are, because the indoctrination is what cut us off from that. So I see it as an evolution. We're maturing instead of I'm right about this. That's why governments go to war, right? I'm right. You're wrong. Instead of, wait a second, if you guys were really mature, the point is not about who's right and who's wrong. The point is, are we in right relationships? So what we're doing is for the highest good of all life,

Warwick Schiller ([01:51:23](#)):

Who did I have on the podcast recently that used the term right relationship? Where do you know that term from?

Allecia Maine ([01:51:30](#)):

I know that from Native American terminology, but was it the lady who was in, so she's got a sanctuary. It wasn't Emily, but it was another lady in Europe and she's got 50 or 60 horses. No, that's Emily and different, that's Emily. That's Emily. It might be,

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

It might've been Emily, but I've heard the term right relationship recently where I hadn't actually ever heard that term

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

Before. I'm currently reading Emily's book, all the King's Horses, and it is like read a page, and now I just think I'm going to stare at the wall for a little while. And some of the very early things, I've just been in Australia recently and I just got back not long ago, but I was reading it when I first got there. I first started reading it when I got there, I took it with me to read, and some of the very early on stuff was like, it was before. It was like, oh, that paragraph right there just gave me a completely different,

Allecia Maine ([01:52:33](#)):

Totally

Warwick Schiller ([01:52:34](#)):

Outlook. And obviously it would give me a completely different outlook of the way I looked at things like seven years ago, but gave me a deeper understanding of things are looked at. A week ago, I had this interesting happenings I went to. So I was gone for about three weeks. I went to a horse expo here in California and

Allecia Maine ([01:53:03](#)):

Gp, I freak out JP dial all the time because I was just texting him was like, where Rick just said he invited me to the podcast and JP iss laughing. He's like, he's right here. We were just talking about you. He goes, how do you do this stuff? I'm like, I don't try. That's the telepathy. You're just listening to what the energy's telling you to do that your mind would usually create like, no, no, no. Don't do that. Don't. Right. The reason why I say you asked the question, I'm sorry, I don't mean to interrupt, but you asked the question before about the going out of your mind or you're crazy. Let me tell you something. It was one of the best things I've ever done is go out of my fricking mind serious. We're afraid of it, but I'm like, oh my God, the fear is just coming from the indoctrinated. They don't want this. Right? So it's like when we see movies like The Matrix or Divergent, the whole thing is no, keep them locked into the Matrix. Otherwise they'll like what? Otherwise we'll be free to have free choice and free will and to understand our interconnectedness and communion with all life. Is that what you're afraid of? So I'm glad I'm out of my mind.

Warwick Schiller ([01:54:24](#)):

I think The Matrix is a documentary. It is. So what happened to that horse expo in California was there was so many, not just the horse expo, but when I went to Australia, there's so many serendipities, the most amazing serendipitous things happening, but something happened at the Horse Expo is something changed within me. Whereas I would be talking to a crowd of people about something and as it was coming out of my mouth, it came out in a way it's never come out before. And at the time, as it was in real time as it was coming out of my mouth, I had the realization that I had a deeper understanding of it than I had in the past.

Allecia Maine ([01:55:08](#)):

That's the chief field that's dropping into the Dao.

Warwick Schiller ([01:55:14](#)):

It

Allecia Maine ([01:55:15](#)):

Was really interesting. Thou is always there, and then we separate from it, and when we finally start feeling safe enough to drop back into it, that's when we feel the gentle breeze on our skin. That's when we feel like, oh my God, I feel the 360 degree nature that these animals exist in that all of life exists in. And often it can be scary to be there because it's vulnerable, it's so honest, and you got no filters. You're going to say what the universe is speaking through you or what the horses are speaking through you, especially when you have those deeper levels of awarenesses where you're out of the control of the mind to only say certain things at certain levels. I'll say things to people and they're like, how can you see this? How do you know this? Because I know because I've experienced the truth.

([01:56:17](#)):

I've experienced nature's truth. I've experienced the horse's truth, and I've cleaned up enough of my own stuff that I don't care if someone else thinks I'm weird or crazy because in this moment, this is what the universe is having me speak to meet the consciousness of everybody else that's here. That's how we really transcend so much of our human limitations. It's having that fear to be fully all of us and beyond those five senses and beyond that box, because you know that we can see certain things that can educate people to their mind. People get it, they want, I want the steps. I want the steps. But then when you start speaking truth on a level that you're actually educating or reeducating people's souls, remember everything that we speak, it's a vibration. It's an energy. You're hitting the energy space where the fear is going away and you're speaking from your true essence because on a cellular level, whether people consciously in their mental brain get it or not, you are seeding the expanding consciousness that's here now. And that's everything we were taught not to do as kids. As kids. We know it all and then we get indoctrinated to not know it all, and then we think we're crazy if we start remembering.

([01:57:56](#)):

I mean, that's a beautiful, beautiful thing. And it's also too one of the most vulnerable places for us as humans to speak from such a level that it's our heart, it's our soul, it's our essence. That's not being controlled by, well, what do these people want to hear? Well, what should I be saying? Well, right, it's so pure and isn't it crazy? The whole witness thing, as you were saying it, as it was coming out of your mouth, there was a part of you that was also realizing, oh my God, I'm speaking a level of truth that I've never spoken before, right? It's like what?

Warwick Schiller ([01:58:37](#)):

It was almost like I was standing beside myself watching myself. I didn't have an out of body experience or anything like that, but it was almost like I was standing there watching myself say that going, Hey, that's some pretty cool shit. You know what I mean?

Allecia Maine ([01:58:54](#)):

I see the people. What did I just say? I mean, I know it sounded really good, but I'm like, we have to record this because when you are in the stream of consciousness with source, it's coming through you. You're the vessel. You're no longer the individual ego characteristic. You've allowed your vessel to open for source to speak through you.

Warwick Schiller ([01:59:19](#)):

Every once in a while, I will be pontificating here at home about something and I will say something to my wife. I'm like, hang on, hang on. I've got to write that down. Wow.

Allecia Maine ([01:59:31](#)):

That's pure flow of consciousness. That's you being, so that's you being the fish in the water.

Warwick Schiller ([01:59:38](#)):

And one, let me share one with you that I wrote a little while ago. So one of the things when I'm helping people with their horses, especially riding their horses, is sometimes just giving up control solves the problem. Because sometimes, yes, sometimes, sometimes, sometimes. Well, that's a part of all the problems, but sometimes just giving up control, no other action required solves the problem. And so I was thinking about it one day and I wrote this thing and it says, having faith with horses, giving up control tells them that you have faith in them. And I think that's when they start to have faith in you. But in order to be safe, and I'm mostly talking about riding horses here, but in order to be safe, giving up control first, you've got to have your preparation. So you've got to have faith in your preparation. So inevitably it comes down to you having faith in you

Allecia Maine ([02:00:52](#)):

Thousand percent. And you know where that faith starts.

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

I'm sure you're about to tell me

Allecia Maine ([02:01:02](#)):

Your breath. When you're not breathing, that's when you go into control and the brain stops almost, and it freaks out if you breathe. We learn to breathe through everything. And that was a very interesting thing that Cisco taught me during our time together. He said to me one day, do you have any idea how free people are that ride? And I was like, what? I mean I can ride, but I'm not a great rider. I can get in a western saddle. I can get on bareback. But he goes, you look at all these people that you put above you on a pedestal, they can ride and they have technique and they have all this. He said, do you understand how many people that are around horses and ride have fear? I said, no, I didn't see it that way. He goes, about 98%. I was like, what?

([02:01:56](#)):

Now what does fear do? Shuts you down, stops your breathing, it pulls you back up into your head. When you are working with an animal that's coming purely from instinct and an animal that trusts themselves based on breathing and flow and connection to their 360 degree environment, it's probably one of the most insane things we could do in the entire world just to get on a horse if we don't even realize we have fear because I say it all the time, you guys are so kind to us. There are so many people that could be dead from horse accidents, and they are so lucky that these horses have such an incredible conscious awareness. And that's one thing we didn't talk about, but through the telepathy and starting to understand the conscious awareness of who these beings really are at their essence right before, because that's almost the place you got to start.

([02:02:55](#)):

And I don't care if you're the best writer in the world. I don't care if you're the best trainer in the world, but it's that going back to before we're teaching things and we're missing the first two most essential steps, one, that they're telepathic, that that is actually the number one form of communication. But because we don't have the diagnostics to read it, we can only read body language. That's why you need people that understand telepathic communication. But if we were all on the same page, not because like, oh, that's a good idea, or, oh, she seems to know something, but it's the actual factual science of how they work together. How do I know it? Because I've talked to them and they've told me exactly how this thing works, and we're still working with the outside of a horse, not even understanding one that they're telepathic, two, that they read our energy.

[\(02:03:54\)](#):

So we can't lie. I mean, you can act calm, but trust me, if you're not calm inside, they're going to explode. And then the body piece, because even I've had chiropractors, body workers work on horses. One, they haven't fixed the problem. They haven't gotten to the root of it. And two, they're doing something at the horse. They're not listening to, Hey, you tell me what's up. You tell me what you need released. Not what I think, not what I learned in school, not what I got educated about. You talk to me. So the fact that we're not even having these conversations with beings, whether it's horses, dogs, cats that are completely telepathic, the fact that we don't even understand that we are so telepathic that we have been indoctrinated out of that because think about what has to happen for telepathy. You can't be white man, speak with fort tongue, with telepathy and somebody really reading all of your energy. Field the picture that you have and hold the words that you speak and your intentions have to be pure and in alignment.

[\(02:05:07\)](#):

That's how I know if I'm doing it effectively or not, because I keep hearing more and more because I have no desire to be out of alignment. I have no desire to tell you one thing and then go do another. And that was another thing that Cisco taught me that was brilliant. He goes, don't listen to anything that anybody says. He said, you can listen to it if you want. He goes, watch how they behave. And if their behavior is not congruent with what they speak, don't trust them. You can trust them to be not congruent. He said, but don't trust that when you're picking up that somebody is not congruent, you don't go ahead and override what's your instincts. You know that this is not a congruent person. And I always with the dogs, because I'm a master dog trainer, and so when I would see somebody, these lovely Aspen people walking down the street with a big smile on their face, hello, hello.

[\(02:06:04\)](#):

Hi. How are you? Hi, how are you doing? And the dog was like, bat it. I'm like, yep, I'm going to trust the dog. I'll hang out with the dog because I could get the dog back in alignment with healthy behaviors and stuff like that. But it's the human that is showing one face, and then there's something completely different. And so the level of communication that they have, it's not just about, I mean, how many people do we both know that have said so many times? I wish I could hear what you have to say, right? I mean, is that not every human's dream for their animal? I really wish you could talk me. I mean, it is for me, so maybe I'm biased, but I would want to know, right? Yeah. And I say, but here's the deal. We can, and this is totally teachable because all I do whenever I'm teaching it is I'm just turning back on somebody's software that didn't get activated, and if they have blocks to it, all I'm doing is just helping them release their blocks to their own essence.

[\(02:07:18\)](#):

So this is not something that it's like, well, I have this skill. I mean, I've taken it considerably far and I'm grateful because I'm passionate about it, but this is that place where it's like, well, if we're talking about

the horse, if we're training about the horse, my awareness is the fairest thing is then we have to talk with the horse. We want to know, Hey, do you want to be a hunter jumper? Hey, do you want to do this? One of the challenging parts about it, which I will say is that there's a lot of economics on our side based around what we do.

(02:08:02):

And for me, I didn't want to go that route. So I was like, I don't need to ride. I don't have to ride. I don't have to be involved with the economics of any of it. I really want to know their truth. And I think some of it is really difficult too, because if we really get to that level of understanding their deepest consciousness and awareness, how they feel about things, that they are totally conscious sentient beings. I know horses that know when their people are 20 miles away from them and what they're going through and what they're experiencing. If we really knew how fos and mamas felt pulling them apart, if we really knew how the cows felt, if we really knew. Do you know what I'm saying?

(02:08:45):

Hopefully we could find a more humane way to do what we do, but it would call in a lot. It would call, like you said before, the before, it's like, oh, you'd hear these things and then you're going to be sitting staring at a wall for a while. Like, oh my God, this is the way my brain was programmed. This is the way I thought. But oh my God, what if that isn't the total truth? What if it's our human truth? And that's why I say in terms of a maturity, it sounds weird because telepathic communication should just be this fun, wonderful, amazing thing where we can diagnose horses and they can tell us, but I'm like, man, I really think that there's a huge part that they're here to play in our soul's evolution and are growing up as a species.

Warwick Schiller (02:09:43):

Oh, I am totally all over that. And I think the key thing about 'em is they will put up with you at whatever level of consciousness you are operating at until you get to the next level, and then they will join you on that level. And yeah, I don't think there's any limit to where we can go with them, but I do think they will put up being a beast of burden or whatever you want 'em to be for a while.

Allecia Maine (02:10:12):

And then it's the horse is the problem. It's like the horse. It's like the God thing, right? When you go above the cut, it's like, wait a minute. Their consciousness is already there. They're already the enlightened masters. There's nothing we're going to teach them about consciousness,

Warwick Schiller (02:10:30):

But we

Allecia Maine (02:10:31):

Really learning what here to teach us.

Warwick Schiller (02:10:35):

Oh, I think eventually we are, but I think

Allecia Maine (02:10:40):

We don't destroy ourselves first.

Warwick Schiller ([02:10:42](#)):

But I think I've had so many people that like me helping them with their horses and having 'em look at horses differently, then they kind of go, oh, you know what? I'm getting along so much better with my husband and my kids or my boss, or whatever. And it's like, you've been married to that guy for 30 years and you haven't done the work to make that better, but you will do the work, get along better with your horse, and everybody else gets the benefit. So I think that's one of the cool things about them is they are such amazing creatures that we get passionate about getting along better with them, and they just tease us along on the journey of consciousness sort of thing.

Allecia Maine ([02:11:25](#)):

Well, the thing is though, they're really, it's not all the time, but honestly, most of the time they're a mirror of where we're at. So when I was training the dogs, the dogs kept saying to me, you realize I'm fine. And I'm like, oh my God. I'm like, yeah, I do. They're like, well now because of the things that you understand and the things that you've gone through within your own self and the things that you've learned to heal in yourself and see in different ways, now you have to talk to my people because that's really where the base of the problem is. And I swear the first time I heard that I almost vomited. I was like, I cannot tell the people I can't. And then it just became easier. And it's like now, honestly, when I work with anybody, it's like 10% of the horse and 90% of the people

Warwick Schiller ([02:12:22](#)):

I find it's something similar. Like this afternoon, I've got to get off here in a minute because we've actually having a retreat here this weekend. So it's Friday. Awesome. And we started having these two and a bit day retreats. So people show up on Friday at three o'clock, and the retreats are about the human part of the human horse relationship. And we're not being therapists or anything, but we are kind of making them aware of, we're basically trying to indoctrinate them in horse world and have them think about things a little bit differently. And they do at some point in time during the weekend, we get some of our horses out and do some things with 'em, but it's mostly not about horses. It's more about being aware of judgmental thoughts that we have about horses and ourselves, and it's just about unraveling some things in order for them to get along better with their horses. This is not, like I said, not therapists or anything, but it's all about helping 'em get along better with their horses doing the stuff that I do, but it's making them aware of some of the blockages maybe they have that prevent them from getting along with their horses. And I think that's, but

Allecia Maine ([02:13:46](#)):

That's the first step, right? Awareness. How do you change anything? Well, first you kind of have to be aware that there's a problem. And for too long, so many people, it's the horse, it's the dog, it's my husband, and it's like, oh, I went there. I was a type A total. It's everybody else. It's not me. And then one day, that finger that you pointed at, everybody else comes back to you. And it's like, well, there's the one common denominator here. And again, it's not as judgment, it's growth, but it's like, oh, wow. Are we mature enough to be like, oh, it's really time to look at me now and see what's really going on. It's mind blowing. What can shift so fast when people become aware of that. And it's not easy. I mean, this is all stuff we wanted to push away, sweep under the rug. I don't want to deal with this. I don't want to deal with my feelings. I'm like, well, it's probably safer if you deal with your feelings on the ground than on the back of your horse.

Warwick Schiller ([02:14:55](#)):

Yes. Amazing. We're going to have to finish up here. So thank you so much. That was a very cool conversation. So I have a list of questions here. None of which we got to. And so as regular, some

Allecia Maine ([02:15:07](#)):

Of 'em we did not actual questions, but we weaved them in.

Warwick Schiller ([02:15:12](#)):

Some of my regular podcast listeners would know that I send out a list of 20 something questions to my guests and have 'em choose four to seven of 'em for me to ask. But Alicia, she sent me

Allecia Maine ([02:15:27](#)):

18 or

Warwick Schiller ([02:15:27](#)):

Something, 18 questions that I could have asked her, and I think we may have touched on some of those, but we were just riffing and it went exactly where I was hoping it would go, so I was very happy with that. How do people find out more about what you do and how do they contact you?

Allecia Maine ([02:15:48](#)):

You could go to my website at Alicia, a l l e c i a, Maine m a i n e.com. You can also check out my Animal Healer TV episodes on YouTube. Just look up the animal healer, H E E L E R instead of H E A L E R. It's h E E L E r. And those are pretty interesting. Those are, they're edited down from an hour's private session with clients, but they really show what happens in the quantum energy field. And so I've worked with wild horses, I've worked with wolves, I've worked with dogs, cats, people, animals that have crossed over behavior issues, and it's really pretty amazing to watch. These animals can feel this stuff without knowing me. Ss smell. I mean, your cat has never smelled me, knows nothing about me, can hear my voice. And actually, I don't even know if she could hear my voice because you have your headphones on.

Warwick Schiller ([02:16:55](#)):

Yeah, it definitely wasn't terribly there, but who knows what senses cats have. She could, you know what I mean? She

Allecia Maine ([02:17:00](#)):

Felt it. Yeah. But it's amazing. And if anybody wants to review my PhD work, I've got the 27 videos for the wild horses. Those are all at the end of the PhD, so you can watch every single session of what happened with these horses and yeah.

Warwick Schiller ([02:17:20](#)):

And what about your book? Where can people get sittings with Cisco?

Allecia Maine ([02:17:23](#)):

If you go to, you can either get it on Amazon at sittings with Cisco, or you can go to alicia main.com and there is a tab at the top where you can click on sittings with Cisco, and you can either get the ebook or you can get the paperback.

This transcript was exported on Oct 03, 2023 - view latest version [here](#).

Warwick Schiller ([02:17:43](#)):

Awesome. Awesome. Well, thank you so much for joining me. This has been a very, very cool conversation. I enjoyed the heck out of it.

Allecia Maine ([02:17:50](#)):

Me as well. I hope we have more. And I had love. If you ever have the time or the chance and you're like, something's not making sense with this horse, let's do a video session where we do an instinct session, and this way you're observing there, you can see what's happening with the horse, but I want to be able to really show, Hey guys, we all have these gifts. I get our five senses, but this is going beyond our five senses, and if I have it, you have it, and it's teachable and it's totally learnable, but it's cool to bring us back to the foundation, foundation level of horse, especially since they are really conscious.

Warwick Schiller ([02:18:38](#)):

Very much so. Okay, we're going to finish up with, thank you so much for joining me. If you guys at home, thanks for listening and we'll catch you on the next episode of the Journey podcast. Thanks for

Speaker 1 ([02:18:48](#)):

Being a part of the journey on podcast with Warwick Schiller. Warwick has over 850 full length training videos on his online video library@videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram to see his latest training advice and insights.