

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

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

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

Good day everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller, and this week I have a special guest, Ariana Mizuki. Ariana. I got her name from a previous podcast guest, Kansas Carradine. So I had Kansas on the podcast last year and recently got to spend quite a bit of time with Kansas in Australia and there was a lot more to Kansas than I got out of her on the podcast. And she told me that one of her really good friends, Ariana would be a perfect fit for the podcast. And now that I've had the conversation with Ariana, Kansas was right, but I'm going to read a little bit about Ariana's bio before we get to the podcast. Here it says, Ariana is a master somatic coach, serial entrepreneur, zoologist, rancher, professional equestrian raptor expert. When I say Raptor expert, I mean expert in large birds of prey, artist and international spokeswoman.

([00:01:45](#)):

She's been developing business leaders, coaches and healers since 1989. She's coached thousands of people from around the world who go on to achieve their own transformational goals. Her approach is original, direct, and deeply authentic. Arianna is a force of nature, which is why she's called into so many other leadership programs as a pioneer in leadership development with an emphasis on emotional intelligence, somatic awareness, and grounding in natural environments. She realized early on that nature land and being outside play an instrumental and unique role in helping people get in touch with who they are and what they care about in some way. This has been no surprise to Ariana since you grew up in the coastal headlands, rich in wildness, beauty, frankness, honesty and inspiration. What she's learned through time is that all people, especially leaders, benefit from time in nature because it provides the answers for taking a new level of responsibility that one cannot glean from a stuffy conference room. So I'm sure that you guys will enjoy this conversation with Ariana as much as I did. Ariana Mizuki, welcome to the Journey on Podcast.

Ariana Mazzucchi ([00:02:59](#)):

Podcast. Well, it's so great to be here with you, Warwick. Thank you for having me, having

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

Me. This is going to be fun. You are one of those people that has a CV a mile long, and I was just looking at, you've got, there's several places on the internet to find out your bio sort of thing. And I just looked at one that said Master somatic coach, serial entrepreneur, zoologist Rancher, professional equestrian Raptor, expert artist and international spokeswoman. That's like three lifetimes worth of achievements right there.

Ariana Mazzucchi ([00:03:36](#)):

It's a lot. I'm very creative.

Warwick Schiller ([00:03:41](#)):

It sounds like it. And on the podcast, what I like to do is not so much talk about what people do now, but figure out the path that led them there. I think that's where all the cool stories come from. But with you, I probably want to talk more about what you do because I think that's the story. But can you give us the quick rundown on where were you born, where you grew up, that sort of thing, and then I want to know how you kind of got to do all these things.

Ariana Mazzucchi (00:04:10):

Well, I grew up along the coastal Marin Headlands in California, so just on the north side of the Golden Gate Bridge. And actually I was born in San Francisco and lived right next to Golden Gate Park when I was an infant. And so I grew up along the headlands. So my house where I lived was along the creek, which led, and I would walk up to seven miles to this one stable when I started about nine years old. I mean, I was riding horses before then along the creeks and stuff, and in the valleys of Mount Tam, Mount Tam Pius. And when I was about nine, I got my first horse at the stable. So I would walk up to seven miles along the stereo, up to the ranch and then get on my horse and go to the beach. So I grew up riding along the beach and in the headlands before it was a public place, so the Golden Gate National Recreation Area already owned it, but it was still dairies.

(00:05:11):

And the dairies, one dairy was converted to a horse facility, but the people, the public wasn't on there yet. So I grew up, I was very fortunate to grow up on the back of a bareback running around the hills by myself. And so the animals and the land became my teachers. The forest and the plants and the creeks were my friends and man, my teachers and the ocean. So I just grew up in this really rich sort of wonderland in a sense on my own in the sense of not being around a lot of people, but also full of friends being more nature based. And I think I was also really very dyslexic. So I didn't really track in language and I didn't really want anybody to know it was my secret. I was trying to not let people know that I wasn't really tracking a lot of times and I was really struggled in school.

(00:06:08):

And I just going back and reviewing my life, I really saw how much I really relied on the energy of people and communication. And because I got to grow up around horses, that's how they live in the world and that's how they perceive and that's what they respond to. And so they were giving me a lot of confirmation and affirmation about what I was seeing and feeling even though a lot in the human world, there was a lot of incongruencies, so to speak, between the energy of what was happening and their energy and then what they were saying. So I was just sort of the quiet student of that.

(00:06:49):

And then went on to uc, Davis and majored in Zoology. And that's where I worked with the Raptors. So I became a Raptor specialist and helped rehab and release birds of prey like hawks, eagles and owls so that we could release 'em back into the wild. And I also worked in the non-domestic ward at uc, Davis, which is all the animals that aren't cats or dogs or horses. And so that was alligators, snakes, birds, turtles, zoo animals, panthers, all kinds of things and loved it. That was just really, again, in my world, but the wild animals that I grew up with, plus the ones I was helping to rehab, taught me the same lessons that the horses did. And at that time, it was my own little private world. I didn't really know how to express that or share that with anybody else because in college, this is interesting work.

(00:07:53):

In college, my biology teachers were telling us that animals don't have feelings, they don't feel emotions. They said when the otters are playing and we're all laughing and smiling with joy watching them, they were saying they don't, they're not feeling joy, they're just doing what they need to do to

survive. And I would get into arguments with my professors, how could that to the point of tears. So I was being told in that system that these animals don't have feelings and they're not sensitive and sensate. And so I felt very alone, I guess in a sense, but connected at the same time to the natural world.

[\(00:08:40\)](#):

And I was a pre-med and I was a pre-vet because I was supposed to be a doctor and I didn't really want to be a doctor of people, so I thought I'll be a doctor of animals. So I did that and I always took an art class to kind of keep myself seen. And then during college, I got to work at all these different horse ranches, which was great. I got to see a lot of different disciplines and different ways that people worked with horses. And even when I was younger, because my horse moved from stable to stable. So it started out in Tennessee Valley, Muir Beach, Belina Stinson up along the coastline and every stable had its own way.

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

This is the way you do horses, and if you don't do it this way, there was definitely an insinuation that you were wrong or bad. And by that time I got into high school, I thought I've seen some really good horse people and I've seen some not very good ones. And by then I'd already kind of chosen sort of the way that worked for me with horses. And when I graduated from college, I became a single mother and I started training horse and rider because I never broke that chain. Some people will go off to college and not bring their horse. I've been with horses since I was a little girl, and I just took other odd jobs. I did a plant maintenance business actually, which was before it's time. And I became an artist. I became a professional artist actually for a while until computers got really started taking over some of the natural creativity of the handwork.

Warwick Schiller [\(00:10:26\)](#):

Can we go back to, I want to talk about uc, Davis from California. Oh, you're from the us so you spit that out and people know what you're talking about, but people from the other parts of the world, so uc would stand for University of California and uc, Davis is one of the preeminent veterinary schools in the us. And so it's interesting. One second. You're telling me that I was dyslexic and I didn't track words very well. And the next thing you're like pre-med at uc Davis. I mean, how do you go from not being able to track conversations and how do you go with, say, with dyslexia and then end up being at one of the top universities in one of taking one of the hardest paths there is to be a vet? How did all that take place?

Ariana Mazzucchi [\(00:11:24\)](#):

That's a really good question. I think when I was younger, I learned how to try to just narrow my focus. I knew that I only took 12 units, whereas many students would take 15 and only three of those would be the sciences and one would be an art class. So the art class would give me time to kind of soften my mind and get into my intuitive landscape and just relax the brain cells. Most of the sciences actually are three-dimensional. So I'm dyslexic, but I'm three dimensional. So I see things in shapes and forms, and most of science is like that. So as long as I could see it three dimensionally, then that worked. But in terms of book studying, I would have to read everything. I still have to read everything five times. I have to really concentrate. I can't read all the words.

[\(00:12:21\)](#):

I have to pick certain words out and in a sense, create a shape or form out of them. And numbers I can do fine with too. So science has a lot to do with math and numbers, so I'm okay there. But the textbooks, the old saying where you put your textbook under your pillow at night and hopefully some of it, I tried that. But what I would have to do, because again, being three-dimensional, also being spatial is

also being kinesthetic. So what I would do is I would study, I would highlight my books, so my books are all written in, then I would write notes down. So I'd read it a second time and write pages of notes. Then I would read it again, read my notes and distill that down to one page, and then I would distill that down again to a note card. So it was a very lengthy process for me compared to some of my friends who would just be able to take those tests. And also that I had a daily extra daily practices with my animals, with the horses and with the other wildlife. So that kept me sane, I think too.

Warwick Schiller ([00:13:29](#)):

Right. It's interesting that you said that your professors were telling you that animals don't feel things, and that was the, I think back then, and probably possibly still to this day, but in the scientific field, anthropomorphizing is criminal. You can't do it. And right now I'm reading a book, you've probably read the book, it's called Beyond Words, what Animals Think and Feel. I

Ariana Mazzucchi ([00:13:54](#)):

Haven't read that

Warwick Schiller ([00:13:54](#)):

One. No, you haven't read it. So Chrissy McDonald, so Mark t's wife, Chrissy McDonald told me about this book and oh my goodness, I mean I've been reading it at nighttime and I've got a highlighter and I highlight the cool stuff. I might as well highlight the whole book, but it's called What Animals Think and Feel, and it looks at the fellow elephants in Elli National Park, which is in Elli is in the bottom of Kenya, right by Mount Kilimanjaro. I'm still in the elephant part. The second part of the book is I think it's wolves in Yellowstone, and I think the third part is humpback whale or some sort of whale somewhere, but it could be one of the coolest books I've ever read.

Ariana Mazzucchi ([00:14:48](#)):

Oh, I'm going to read it.

Warwick Schiller ([00:14:49](#)):

Absolutely, absolutely amazing. But the trouble you had with your professors in this book, they're talking about how the scientific world has for the longest time said that you cannot project human emotions and stuff onto animals. And there was one line and it said something like, the animal nervous system is not the human nervous system. And her reply was, what you have to realize is the human nervous system is an animal nervous system. We are animals,

Ariana Mazzucchi ([00:15:27](#)):

Right? That's why I call it when I do my work, we talk about our animal body, and that's a whole nother subject matter, but there's so much richness in what you just said because even when I was doing a lot of leadership stuff and learning leadership, the philosophy to background philosophy is that we're somehow basically in all of these sciences, we're somehow the one animal above all of the rest. And we somehow have this sense of knowledge and language that no other animals have, which separates us, which I've never agreed with and have always had a really difficult time with that. And even in a lot of the leadership circles, they would combat literally about, well, animals don't have language. And I'm like, okay, then how do you understand that in an elephant society, when one of the elephants dies, they come back two years later to spread the bones.

[\(00:16:26\)](#):

They'll say, well, animals can't say, Hey, we'll meet to have coffee on Friday. But I'm like, well, then how do you explain that the elephants come back two years later or how birds migrate, et cetera, and so on. And so it gets into kind of a interesting but controversial conversation. And we are animals, and that's the coming home, coming home to ourselves is coming back to our animal nature. Our bodies an instinctive social being. And actually our social instincts are very much like the horses, which is why I think we can do the different kinds of things we can do. There's an instant sort of recognition somewhere, again, a big topic, but I wanted to say something about the anthropomorphism because a lot of people say, well, you can't anthropomorphize. And I remember one time somebody made, there was a line, and I can't remember the literal words, but I get the essence of it.

[\(00:17:25\)](#):

But if you start to think about it now we're saying that humans have emotions and animals. So yes, of course animals have emotions. I've been playing experiments where I'll, I'll show people a video clip of birds. Let's say one was little shorebirds running in with the water. How do they know that that wave isn't going to just, I mean, these are little teeny birds, right? Isn't going to just the knowledge, the symmetry and the connection that they all have together. But I'll show the video and then I hear everybody laughing and they see everybody smiling, and I'm like, so we are having an emotional response, but that doesn't mean the animal's not having an emotional response. So of course the animals have emotions. I think that that's my philosophy anyway. I don't see there's anything, so maybe we have to bust the myth of anthropomorphism, but I think the other side of it is we do have to be careful not to project our story, our interpretation of the animals on the animals, like, oh, that poor horse, he's alone. Not with the other horses. Well, actually, no, A sentinel has a different role in the herd. So those are two different things. That's managing your own projections and your own interpretations. And on the other side, animals still can have a range of emotions. I've seen horses cry when people, there was somebody telling a really sad, sad story, and I try to not show them that I want to see if they notice it and they notice they go, the horse is crying.

Warwick Schiller [\(00:19:22\)](#):

Yeah, yeah. The thing about, and I talk about this quite a bit at clinics, I say we're always told not to anthropomorphize, but, and in the umbrella of don't anthropomorphize, we forget to what I call mammal lies, meaning we forget to say That's a mammal. I'm a mammal, and we share the same nervous system, and the nervous system works exactly the same way. And so is that a human emotion? We are projecting onto that animal, or is that a mammal mammalian response to whatever's going on that we share with them? You know what I mean?

Ariana Mazzucchi [\(00:20:10\)](#):

And birds too. So ornithology and the fish and the lizards, I mean all those things too. And there is, thank goodness, growing scientific evidence that we do energetically will start to resonate not just within our own species, but interspecies.

Warwick Schiller [\(00:20:32\)](#):

Yeah, I think that's really good about some of the cool stuff that we can measure these days. It's almost like, well, you're talking about with animals right there. But really if you're getting down to it, it's a bit about spirituality and it's almost like science. These can quantify things that in the past have been woowoo or spiritual or whatever, you know what I mean? And it's kind of the same thing with the

animals. You can do fMRIs and things like that to actually prove scientifically what's going on. And what I find really interesting, especially in the psychiatry world, is a lot of the things they are talking about or discovering these days, especially with functional fMRIs, things like that, is it's basically proving indigenous wisdom.

(00:21:36):

You know what I mean? I think for a long time we were a certain way, and then with the, well, if you go back 10,000 years ago when we started to grow more food than we could eat sort of thing. So we're no longer hunter gatherers. But then if you think about before the industrial revolution, everybody was connected to animals. If you wanted to get a long distance, you had to ride a horse and there was no supermarket sort of thing. You know what I mean? We've got away from a lot of practices that we actually evolved to. Our nervous system needed those practices, and we've got away from those things. And I think we're slowly finding our way back to them. And I think science is kind of helping us find our way back to them. But what we're finding out is, oh, yeah, indigenous practices were we're there for a reason.

Ariana Mazzucchi (00:22:29):

Well, and I like to think that every one of us still has that indigenous memory or indigenous wisdom. It's just that maybe for some of us it's been taught out of us or discouraged or made wrong, and we come from different cultures, but all cultures root back to the earth. And that interrelationship, I keep wanting to bring up this book. Have you read David Abrams, the spell of the Sensuous?

Warwick Schiller (00:23:01):

Yes, yes.

Ariana Mazzucchi (00:23:02):

I love the part love. The part where he talks about the magician or the magic is really the ability to shift consciousness at will and that the shaman or medicine person's first allegiance is to the earth and the local network of beings. And then secondarily to human nature, and I mean to humans. But he also talks about in there where even the word native used to be a powerful word, and then the governing kind of systems that want to keep down, let's say individuality and self-expression made that a negative connotation. And now it feels like we're coming back to that the native practices, the indigenous practices of respecting earth and staying connected to earth and giving back to the earth and saying thank you is actually fundamentally part of how we need to reconnect. Just like you said, when I'm teaching my classes, I like to remind everybody, it was less than maybe 120 years ago that we didn't have, let's say we didn't have electricity and we didn't have running water, and you had to carry the bucket of water, not just for yourself, but for your animals.

(00:24:19):

So you thought, probably thought twice about how many horses you had if you had to carry that bucket of water for every horse up from the creek. But walking and carrying and being in nature, and even if I even try to think back when it was just horses and you'd go to town and some people were riding horses and some people had carriages and all of that. And the horses are not static beings, so they're negotiating and they're making noise. And you had to have a lot of that 360 degree awareness that you have to have around horses. So we all had a lot more common sense in a sense. We had to be more perceptive to what was around us as a good survival skill. And then now fast forward, we live in concrete cities and electricity, which to be that sensitive in that kind of system is maybe a little bit more difficult.

So we get sensitized. And so finding that new balance of coming back to, like you said, some of the nativeness

Warwick Schiller ([00:25:28](#)):

Or basically the way we evolved, it's normal for our nervous system to work that way. Our nervous system is not meant to be living life like we're living right now. And I've talked about this quite a bit in the podcast, but these phones that we have, and especially like social media, when you get dings and beeps and thumbs up and hearts and whatever, we're not meant to have that much dopamine in any way, shape or form. And I've talked about in the podcast before that I've suffered from depression for quite a long time or have in the past I think are pretty good now, but did a neurotransmitter test a couple of years ago and they said, oh, you're basically running an empty, you have no dopamine, no serotonin, no norepinephrine. You're just like flat. And one of the things that, so have you ever read a book called Dopamine Nation?

Ariana Mazzucchi ([00:26:33](#)):

No, but I've heard about it.

Warwick Schiller ([00:26:37](#)):

So I read a book called Dopamine Nation, and then I was listening to the Huberman Lab podcast where he talked about dopamine, and you have a set level of dopamine, and then you have dopamine spikes like you eat some good food, dopamine, whatever the dopamine spikes are. But the more dopamine spikes you have, the lower your set level is. So when you're not eating a tasty food or whatever, you don't have something giving you dopamine. You basically have none. And the thing that restores dopamine or raises your set level of dopamine is pain, discomfort

([00:27:16](#)):

The way we used to live to where we didn't have air conditioners and heaters and blah, blah, blah, blah. And so one of the things I've been doing for several years, my wife really got into it now, is ice baths. So actually, I just had one here a little while ago before we came on here. And in the human lab thing, they talked about ice baths and how much dopamine it gives you actually gives you. So I think sex and cocaine give you the safe amount of dopamine and ice bath actually gives you more dopamine, but it's not a spike. It stays there for a long time and it helps reset your dopamine level. But anyway, the point I'm getting at here is life used to be hard. We actually evolved to live in the elements and feel the heat and feel the cold and be good with it. And yeah, the more comfort we're trying to get to where life's easier, but I don't think life's meant to be easy, and that's where a lot of the mental health stuff comes from or whatever. And it's also you spend a lot of time in your head versus in your body where you're supposed to be. And I do think that the horse stuff brings us back to that, and that's where I want to go with our next bit of a chat. Quite a while ago, you founded leadership and horses and equine guided education and coaching.

([00:28:34](#)):

I dunno, you'd know, but you've got to be one of the people who've been doing it the longest, haven't you? This was in the eighties, there wasn't a lot of it back then, was there?

Ariana Mazzucchi ([00:28:43](#)):

Yeah, I started putting leader and horses together in the late eighties, 1989, and what I called intuitive horsemanship, so I was training the horse and rider, and then I was taking leadership classes, partly

being that single mother, I joined the Chamber of Commerce and was trying to make my own little business there. And so I was getting an opportunity to take a lot of leadership classes. And then I started studying somatics and I started putting them all together. And actually I did Aikido for a while, which is kind of interesting because Sally Swift did Aikido and she did Aikido with George Leonard who was

Warwick Schiller ([00:29:27](#)):

Really wrote mastery,

Ariana Mazzucchi ([00:29:29](#)):

And he had a dojo in Mill Valley. And my ex-husband who I started dating, they were partners. And so I started doing Aikido. And

Warwick Schiller ([00:29:40](#)):

Your George Leonard were partners?

Ariana Mazzucchi ([00:29:43](#)):

Yeah, ATO

Warwick Schiller ([00:29:45](#)):

Partners. The world just got a lot smaller. One of the earlier episodes of the podcast was called Books that Have Influenced Me, and one of them was Mastery by George Leonard.

Ariana Mazzucchi ([00:29:57](#)):

Yeah,

Warwick Schiller ([00:29:57](#)):

I who we are. Two years later you told me the story.

Ariana Mazzucchi ([00:30:02](#)):

And actually his daughter had her horse boarded at one of my stables when I was growing up for a while too, Lily Leonard. And anyhow, so I brought it up because Sally Swift figured something centered riding out from the Aikido influence. And I know later Mark Rashid started doing some Aikido stuff. And the way the Aikido that I was learning and that George Leonard was also one of the master teachers of is about moving from your center and which would be in horsemanship our seat, same place, but moving from center and extending your energy and blending. So blending with your opponent or blending with your partner. And so I was studying that, and one day I thought, gosh, I've been doing a keto with horses my whole life. I just never thought of it like that. And so I started playing with it like that. And then I had a very intuitive or telepathic horse, and I remember at one point going, gosh, he made the change before I asked for the change.

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

But when I looked back at my own inner, I had already made the intention, I had already made the plan and I had telepathically already sent it to him. So he actually was totally listening to me. I just hadn't given him an external cue. And so I started playing with that. I thought, well, what if I didn't do anything? I didn't move my seat bones or my bones or anything, my muscles, and I just had an intention

and it kind of blew me away. So I'm doing all these things and one day I was practicing some, the more you learn about leadership, it's really about your way of being, your presence. Do people trust you? How do you build trust? How do you have confidence in yourself? All those things. And I thought, who better to tell you when you're being present centered on a horse, the horse is always going to tell you.

[\(00:31:55\)](#):

So I started bringing by then I was working with, I had the Aikido students, there were somatic students leadership, and I started bringing these people out to practice their awareness basically. So moving from center, extending, blending, and at that time we were lunging horses, the lunging circle. And it blew me away because the people were like, oh my God, this is what's happening in my real life. Whatever was happening in the relationship with the horse, whether they were going, they really weren't centered or they were being too aggressive or they were having a lot of self-judgment or they were too shy or anything, it was just completely mirrored on the horse. And my was to not be practicing or training horsemanship. It was really about your own.

[\(00:32:48\)](#):

And so I didn't expect that. So I said, well, let's work with your real life issue or your relationship and see if we can make a change in that. And so that's how leadership in horses was born. And at first I used to call it leadership somatics and horses. And you can imagine in 1989, people were like, whatever. And people were like, oh, Ariana, nice. Especially with all in the horse training world, people I had grown up with that were also horse trainers, but I was just so fascinated with it work. I couldn't not do it. And so that work evolved. And then in the late nineties, other people started coming out of woodwork, so like egal and FMA and some of those kinds of things. And I started thinking, well, to me, the horse does more than this is just my opinion does more than assist and facilitate the horse is the process when we switch the coin.

[\(00:33:47\)](#):

So there's two different worlds. There's horsemanship and there's what I call equine guide education or any other equine therapy type of thing where, so it's either like there's a great definition of the rider in a European language, and I don't remember what it is that's by dyslexia part, but I remember the quote, which is two definitions of the word rider. One is a person who uses the horse suit to get something done or go somewhere, and the other one, who is the person who cultivates their self through their relationship with their horse. And so two different things. And so I liked the word guide. I did a lot of word research, and I thought the word guide means to take one into unknown or unexplored territory, which is this different state of consciousness that we're kind of tapping into.

[\(00:34:41\)](#):

And I like the word I also, at that time, that was like 1999. I liked that word because people had a pretty negative, sometimes people have a negative connotation of the word leadership because underneath, it's like the unconscious human interpretation is that leadership is a dominant subordinate system. And that to be a leader, you have to be more than better or smarter than somebody else. And that's just not what it is. And the animal kingdom at all, it's something that humans created, but it's not the essence and the true nature. And so I like the word guide because when we're training a horse or we're riding the horse, we may have to be the leader or the guide of the purpose and the direction, like, this is where we're going, this is what we're doing. But the horse is always the guide of the psychospiritual realm.

[\(00:35:37\)](#):

And I think any master horsemanship finds themselves in that position at some point where it's like, whatever I'm trying to do isn't working. I need to stop and I need to listen to the horse. And the horse is

trying to tell me something. So either I'm not lined up in my true intentions or I'm saying to do something, but I'm just distracted. Or sometimes there's something with the horse, like Kansas actually once made this line, and she actually wrote a poem about it, and some horse is not meant to ride. And I'm sure you probably had that experience in one of the conversations that you and I had where there's just some horses where there's something that's not aligned. And so the guide, the Psychospiritual, the horse is always the guide to that. So the horse will always be my teacher in that realm. And so we can trade hats.

[\(00:36:27\)](#):

So it's a reciprocal relationship. So I like that word guide. It creates that respect on both sides. And so then in 2004, I held eight international conferences and I brought everybody that was anybody at that point together, literally in person in California for a three day conference. And so all the people that would be sort of the original Linda ov, Barbara Rector, Lynn Thomas, David Harris, Gerhard Krebs, all around the world, and we made a timeline on a wall. So we were in an old schoolhouse in the country, and we put this big piece of paper along the whole wall, and everybody put on the wall where they first shifted into this other kind of consciousness relationship with horses. So it wasn't that the first time they were a horse trainer, it was when they really started to get into whatever they call this other work that we do, equine guided, equine assisted, equine facilitated.

[\(00:37:29\)](#):

And so that was really neat that we have that history chronicled. And I think too, once you have an idea, it's either already out in the ether of the energy ether, either you tapped into it or you might've had the first idea of it, but it goes out in the airwaves. And so I'd say in 1990, Paul Hunting started doing a leadership with horses program on his own too. And it just wasn't until the mid nineties when the internet started to connect us together, people would start saying, oh, who else is out there doing this kind of thing? So

Warwick Schiller [\(00:38:08\)](#):

Have you ever read Big Magic by Elizabeth Gilbert?

Ariana Mazzucchi [\(00:38:11\)](#):

Nope.

Warwick Schiller [\(00:38:13\)](#):

Oh, she wrote, she's the one that wrote, eat, pray, love. But yeah, big magic is about the creative process and that you actually manifest stuff out of the collective conscious. You know what I mean? And it sounds like there was a bit of that going on there. So it says on my notes here that you're a pioneer in the field of horses as healers and teachers. And you sound a bit like for me, in the last four or five years doing clinics, I've been focused on relationship first, working on relationship and communication before training. And so the good thing about doing clinics is I would get to work with 12 different horses every weekend. And so you get to experience a vast range of horses and you start to figure out what works and what doesn't and things like that. But anyway, I would experiment with stuff and like, oh yeah, this works. This is an idea that came to me working with horses. No one told me this. I didn't read it somewhere, but very soon after I figured it out, I'd read it somewhere. Somebody else has been doing it for a whole lot longer than I have. You know what I mean? Yeah. It was

Ariana Mazzucchi [\(00:39:34\)](#):

Pretty

Warwick Schiller ([00:39:34](#)):

Funny than

Ariana Mazzucchi ([00:39:35](#)):

Me. Well, and in a way, it becomes affirming like, okay, good. I'm not crazy. I'm not the only one out there that thinks this, right?

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

Yeah. I don't think at any point in time I considered I was crazy because the horses were telling me, this is a good idea. You know what I mean? This soothes my soul. This makes me feel better in my own body. This makes me more comfortable around people. This resets my nervous system. You see all the trauma responses kind of leaving them and things like that. So yeah, I was never worried about what anybody else thought as far as, oh, I don't think I'm crazy. I remember one time early on in this journey of this stuff, I was doing a clinic in somewhere in Wisconsin maybe, but I said into the microphone, I said, you know what? I'm getting into some weird stuff, but I'm not going to put on an orange robe and shave my head and stand out here in their inner ENC chant unless I have to. Meaning, hey, whatever we've got to do to help these horses feel better. I know, right? I do. Now, I'm not going to put on orange robe and shave my head and chant unless I have to.

Ariana Mazzucchi ([00:40:52](#)):

Well, that piece you said about where I've been lately is helping people to see, to build a new understanding of the word leadership. And really I see it as that mathematical formula. So leadership equals relationship. That's all it is. It's just leadership is just relationship. How am I relating to myself, who I am, what I care about, how am I relating to others, which could be the horse? And then how am I relating to the world, which is my values and my ethics and my destiny, my contribution. So that helps demystify.

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

Yeah. I do think with horses, people tend to think leadership is that old outdated dominance theory of looking at things like there's a number one and a number two, and if I'm number two, that means my horse is number one, he's going to tell me what to do and I want to tell him what to do. So I need to be number one, he needs to be number two. Whereas that whole dominance theory has been debunked. And I'm actually going to have Lucy Reese on the podcast sometime soon, so she's going to be a good one to talk about that. But that's that old paradigm that everybody had with the horses. But yeah, it's more about it's, it's a fluid thing. It's like a dance, it's a fluid thing. When do I need to take over the leadership role? When do I need to hand it over to them and allow them to take over the leadership role?

([00:42:16](#)):

And I think part of the trouble I see a lot of people have is being able to tell, and I do clinics helping people with their horses. So it's not necessarily supposed to be a healing situation. It's not supposed to be a transformational situation. A lot of times it is, but they don't come along because they're signing up for some sort of a transformational weekend. But people trying to, the art, I think, is knowing when you can take control and when you have to let go of control. Because if you try to control a situation that

you should be allowing, you should be handing over the leadership role to them. And you don't recognize it as such. You don't recognize that moment when you should do that. You're basically communicating to your horse your lack of awareness, and then that lack of awareness, you're communicating to them your lack of awareness. So now they have a lack of trust in you, and then it goes downhill from there. So yeah, I dunno, it's like balancing a broom on your hand. You get move it around all over the place. Yeah,

Ariana Mazzucchi ([00:43:26](#)):

Right. I like that. I like that metaphor.

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

But that's the fun stuff. But let's go back a bit. I did a clinic in England a few years ago, and while I was doing this clinic, my wife and son were with me, and they went off for the day and they had a look around. They went to a car museum or something or other. But in this field, next to the car museum, there was a raptor display, and they watched this guy with his raptors, and they both came home and they go, oh, the thing you are trying to help people with their horses, you absolutely need to be able to do that, to work with a raptor. And they were telling me some of the stuff that this guy had said, and I'm like, oh, yeah, that's the stuff. So tell me a bit about the Raptors. That's fascinating.

Ariana Mazzucchi ([00:44:13](#)):

They're amazing. I mean, they're amazing when they're free. I mean, I can't imagine anybody not inspired by a hawk flying or Eagle, but when they've been wounded and in the rehab, I was always really amazed how they would allow us to take care of them. I mean, we would be holding them in our hands, so first to assess injuries and things. But once they were in the rehab process, they would come from the vet school. And let's say a lot of 'em just get either shot so the wing gets damaged, or sometimes they lose their wing. So we also had raptors that were what we called non releasable, that we would train to the fist to take out and educate people about them to try to teach people not to shoot them. They're not really eating all your stuff. So it was amazing to me.

([00:45:16](#)):

I just will never forget this one particular, and it happened all the time, but this one great hor owl with the big yellow eyes. And I had her in my hands, and she just was looking at me. And I mean, that's the thing with wild animals, they look right into you and they can kill. I was going to say, I bet she looked completely into you. They do. And they can kill you if they want. They can. I mean, they ripped flesh. And so all the times I would just be like, I'm here to help you. Just trust me. And they did. And they would. And so one of the things, my mom was a physical therapist, and so we were getting these animal, the hawks and the eagles and the owls. They would kind of have these frozen wings. And so a lot of 'em by the time, because over bandaged them for too long.

([00:46:16](#)):

I mean, we've gone a long way since then. And so I brought my mom out. I knew the birds and their form and function, and she knew physical therapy. So we created a therapy program that ended up being in all Raptor centers around the country where we would do massage on their wings. So I would hold the bird, let's say a hawk or an owl, whatever. In some of them, we would have to put a mat, the little face, little hood on, because this helps to calm them down. Some species are more riled up than others. And then I would have them wings folded against my chest with them facing away from me. And then I would take their legs and I, let's say the injury was on the left wing, I would drop the bird to the

left. So he would have to try to instinctively reflexively reach his wing out and to catch himself. And that became really successful at retraining the atrophied muscles and retraining the memory. They have to have a hundred percent flight on both wings. It's not an option. They can't fly without that. That was pretty amazing. And feeling that partnership. I think it's the same thing with horses. When you have those really amazing moments where you're just so in unity, I call it unity. You're so aligned and you're just one and the same. You're one, there's a oneness. And having that with the birds in the same way.

[\(00:47:55\)](#):

And the other thing too, which was not an easy thing to do, is because we would keep them in big cages, almost the size of a stall, so maybe two, and usually keeping two together, if not more. But how do you go up to a wild hawk and catch it because it's going to fly, and then the more it flies, it damages feathers, and the more its feathers damaged, the more it can't fly. So you had to be really good at coming. So I would have my gloved hand behind my back, and that doesn't do anything as you know. But I would have a different conversation with the bird. So I'd make this eye contact and I would make this bond with the bird, and then my hand would just come out and grab their legs, eggs. But if I was thinking just like with horses, if I was thinking, I'm going to grab the bird now, it'd fly away. So it was a lot of training in building this whole other connection and being mindless in it.

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

Yes, having your mind totally clear. Have you ever read a book called The Sense of being stared at by Rupert Sheldrake?

Ariana Mazzucchi [\(00:49:11\)](#):

No. Of the dogs that no one, the owners are

Warwick Schiller [\(00:49:14\)](#):

Coming home, the dogs that no one, their owners are coming home. I love that. In that book. So it was called The Sense of Being stared at. And in that book, he talks to a lot of safari guides and big game hunters in Africa. And they were saying that when you go out in the morning, if you are thinking, I want to see this animal, you don't see them, especially hunters, if a hunter's saying, I want to. So they learn to keep their mind basically kind of clear. He also, he talked to us spies who were in Russia during the Cold War, and they're talking about when you are tracking someone else down the street, you cannot think about them. You cannot look directly at them. You have to be aware of in your peripheral vision because if they are a spy, their little spidey senses are turned on. Most animals are, and they can sense that you are staring at them. And so I grew up on a farm in Australia, and we had sheep and wheat, and when it was lambing season, those ewes would lay down and they have a hard time getting up, and they lay down, lift their fulling wool or whatever, but the crows land on 'em and peck their eyes out while they were giving birth.

[\(00:50:31\)](#):

And so they can't see they're going to die, but the crows would eat their eyes. And so dad, he was either out on a horse or out on the motorbike somewhere just checking on sheep, and he saw crows. He'd go home and get a rifle. He's going to come back and shoot the crows. And he said, whenever I had the rifle, I never saw any crows. And he always thought the rifles could tell. I mean, the crows could tell what the rifle was. But after I read that book, I'm like, no, it's your intention. They can sense your intention. You only carry the rifle when you're looking to shoot crows. And it was like, oh, yeah. So that

just flipped that switch about that story that the crows can see you carrying the rifle. He never carried the rifle unless he was going to shoot crows.

Ariana Mazzucchi ([00:51:17](#)):

No, I remember once outside the back door, there was maybe 20 or 30 quail, and my husband at the time thought, oh, I'm going to get my gun and I'm going to go get some quail. And so he left the room and I watched the quail, and literally he wasn't even back with the gun or anything, but literally they were all, they kind of looked at each other and they looked at the house and they kind of like, I think we better get out of here. And they were gone. By the time he came back, they were gone. I saw it in action. I saw 'em going.

Warwick Schiller ([00:51:58](#)):

And that's the stuff that fascinates me these days is the natural world, how it works and how we need to get back to it. There's a really good book I read a few years ago called, oh God, what's it called? It's, I can see the name. It's got two words and I can't think of 'em right now. But in that book, they talk about a tribe, a West African tribe called the Anglo iWay tribe. I almost had the title of the book Come back to me, the Anglo iWay Tribe. And they say we have nine or 10 senses apart from the five that we consider senses. And one of the senses is the sense they think balance is one of our senses because it aligns us with the exact center of the earth. But another one of their senses is what they call ami. And AMI translates into English as feel with the flesh from the inside out. And that's like our sense of intuition. That's like our reading energy. That is that sort of thing. And it's a normal part of what they do, and don't try to drum it out of their children. You're supposed to have that. And so can imagine how we would all be if society embraced that and was talked about and you at school it got talked about. You know what I mean? I

Ariana Mazzucchi ([00:53:44](#)):

Think we would have a lot more compassion

([00:53:48](#)):

For ourselves and for other people. There's a book that you would like, it's called The 13 Senses, and it's a Mexican-American author, Victor Villasenor. He also wrote, I think, rain of Gold, which beautiful, beautiful book. But this one was about his grandparents who came into the United States. So the 13 Senses is the men have six and the women have seven, and together they make up the whole. I thought that was kind of fascinating. And being on the coast, and when I'm working with people with the horses, I try to encourage them to explore that we have more than the senses that we've been told we have. I mean, it can even be the ions in the air and feeling the weight of the air or the lightness of the air or the watermarks in the air. That's a sense. Wherever our cultures or regions are, for me, it's like the wind tells me different things or the ocean. But for people in snow, there's different kinds of snow, or there was a Japanese boat man just on a boat on the water, and he could touch the water on the sea and tell you when the next storm was coming.

Warwick Schiller ([00:55:13](#)):

That's a lot like some of the stories that when Rupert Childre, Rupert Childre, not Rupert Childre, Rupert Isaacson was on the podcast, and maybe it was during the podcast, maybe it was afterwards, but he was talking about he spent a lot of time with the coy sand bushman in the Kalahari, and they're some of the last remaining original hunter gatherers. And they can, from a footprint, they can not only tell you what

animal it was, they can tell you what sex it was. They can tell you how high it was. They can tell you if it was pregnant or if it wasn't. They can tell you if it was hungry. There's an energetic signature that's left there that if you know how to read that signature, you can get a lot more information out of it. And that's the stuff that fascinates me these days. And I'm not sure if it's a chicken or the egg thing. Do we have to heal to get those senses back or will trying to unravel those senses heal us? You know what I mean? I dunno. Kind of a

Ariana Mazzucchi ([00:56:20](#)):

Tricky, yeah, I don't even think that you have to answer that question. That could just be an open inquiry, right? It kind of doesn't matter which one started the other. It's the reciprocal relationship.

Warwick Schiller ([00:56:35](#)):

Yeah. No, I don't think it matters. But the more I more aware, the more somatic stuff, you are really into somatic things. You're a somatic coach. And for me, I told you, I think I told you off air that I read a Brene Brown book that said, you can't selectively suppress emotions if you suppress the low ones, dramatically suppress the higher ones. And that took me in a journey of trying to figure out how to get those higher ones working, which takes you on a journey of you're going to have to put up with the lower ones now, the ones you are suppressing, the fear, the dread, the grief, all those things. You've got to be able to work through those too. And I think initially it's a matter of getting all your feelings back and then you've got to be able to understand how to dance with them when they are back. And for me, it's more like the more I get that stuff inside me working, the cooler the world gets. It's pretty cool. Right.

Ariana Mazzucchi ([00:57:48](#)):

Well, and that's what I like about nature and being with horses, not in a horse training kind of way, being in nature, observing nature is having it be a practice of how am I now? How do I feel now? And noticing whatever that mood is or whatever that feeling or emotion is, but staying in the present moment with your other surroundings. And then we've been having a recent conversation in this group that I have, and it's like, what's the difference between being present and being in the moment? So being in the moment, that's something I think that being in the moment and being present is something I feel like that horses can teach us. And just being around them, I think we developed some of that. And I think the key, what you're saying right now is we may be having a lot of experiences and having these emotions and feelings, but if we're not aware of 'em, then we don't really have choice.

([00:58:55](#)):

So if we become aware of them, then we can start to choose if that's how I want to be or if I want to change that. So our animal body is this animal, instinctive body. It's just responding to the environment in the moment. And sight sounds, smells well, I always say our animal body is our first responder. It responds to everything first, and the mind comes along after the fact and makes up a story about it, or a parent does or somebody else does. But the animal body is just this instinctive thing going, do I feel safe? Do I not feel safe? Am I comfortable? Am uncomfortable. The body remembers everything. So it remembers all of our history, all the good stuff, the bad stuff, the traumas. So sight, just like horses, just like horses. So sight, sound, smells can trigger our body into our animal body, into a historic memory. And then the mood and the fear or the emotion associated with that. If we're not aware of that, then we're just walking around in either that trauma or in that past event and we're in reaction or automaticity. But if we can develop that self-awareness to go, oh, okay, I'm feeling afraid right now.

Why am I feeling afraid? What is triggering that, oh, that's not my mom. Or This isn't the bad thing happening again and relaxing the body and saying it's okay.

(01:00:40):

And that's where horses are really amazing and beautiful because when we're doing our own work on ourselves, our own self-development or self-healing, whatever we want to call that is the horses are sort of the big energy mirrors of however we're being in the moment. And so when our body, our animal body starts to get afraid, it starts to contract, it starts to get tense somewhere in our body, whether it's in our fingers or our hands or our back, even our mind can start to squeeze and clench or our eyes or our mouth can get tight. So if we're holding in that state, then that creates only a very limited base of possibilities for us. And so learning how to open and relax the mind, relax the muscles and the joints and that open state, I think, and I'm curious if you see that is where we can find that unity with horses where they can also relax into that.

Warwick Schiller (01:01:41):

Yeah. Yeah. I think they read a lot of that. A minute ago you said this about becoming animal or something rather. Now you talked about the spell of the sensuous before. Have you read his other book Becoming Animal? I'm pretty sure it's by David Abrams as well. It's Becoming Animal. And if it's not by him, I must've read it about the same time I read the Spell of the Sensuous. And it's very similar, very similar type book. It's pretty cool. You just said something else a minute ago, you said something that when you're working on your self-development or you're healing or whatever is how you put it, and I wrote those two words down, those three words down self-development and healing. And it's almost like self-development. And this is probably, you're probably going to go, duh. Yeah, but it just occurred to me. But self-development is healing because you are not actually developing something. You are not, you're just shedding all the shit you've been carrying around that's preventing you from being who you are. Is that right? Yeah. Okay. I just had a moment. Think you said it. It all makes sense. You're not actually, I think

Ariana Mazzucchi (01:02:55):

You said it

Warwick Schiller (01:02:56):

Really well develop anything. You're just trying to, you said something about self-development or healing, and then I just like, well, hang on. I think they're the same thing. They're not separate from each other, but yeah, you're not developing yourself, you are whole as you are. You just have to peel away the layers and peel away the walls and all the protections you've put up and underneath that is the you. And for me personally, I think that's the quest is not trying to be something. You're not trying to figure out all that you are.

Ariana Mazzucchi (01:03:42):

It's like coming back home into yourself when I'm teaching or whatever, I try to remind students that Mother Nature doesn't want everybody to be the same. She wants diversity. So we're each born with a unique way of seeing, perceiving, expressing, and it's trying to come back home to that unique expression of who I am, who you are, which then feeds and contributes to the whole. But sometimes we do get pigeonholed by family or other people's expectations or shoulds to be something else. So I mean, I just know so many people, we sort of walk away from some part of ourselves and then we hit that

point where we have to try to walk back to ourselves or come home to ourselves. And it's each person's individual journey of that. I feel like it's an intuitive process. It's not a formulaic process.

Warwick Schiller ([01:04:57](#)):

Yeah. Well, I know it's a bloody long process, but anyway, I'm enjoying the journey. What else does it say here? You've been, so tell me about the art. You were a professional artist for a while. What medium did you work in?

Ariana Mazzucchi ([01:05:12](#)):

Well, I actually work in a lot of different mediums and I used to feel kind of self-conscious about that. People are like, what's your medium? And I'm like, well, let's see, where do I start? I do love just pen and ink and Sunni painting, which is Japanese painting, brushstroke. So the Sunni painting is very, it's very meditative. And the artist, you have one stroke and you can't just go fix that line. So you're either in the groove of where you want to be and the story you want to tell or you're not kind of thing. So sometimes I might have to do 15 or 20 just to loosen myself up and up to get the one image that I'm trying for. So I really love it. Love it for that it has to come from the inside out. It can't come from your fingers or your hand or even your shoulder. It just really has to come through you. It's kind of like we were talking earlier about looking at the birds and being with the birds or seeing the birds singing. To me, singing into the birds, it's the same thing. So I do love those mediums and I do pastels as well.

([01:06:23](#)):

So for a while I was a graphic designer and did a lot of illustrations, and now I'm just kind of getting back into it because mostly it's just for my own sort of soul work right now. It's just for me coming again, a different level of me coming back into myself. It's something that I put aside and now I'm just feeling a lot of draw to just get in there because it taps into this whole intuitive place. And so some of my drawings right now are, I'm working on card, some cards, so animal plant cards. So I have stories that I've been writing about the squirrel and about the dragonfly, but the squirrel is with all the parts of nature. So it's a very complicated, not complicated. It's a very connected with the acorn and the leaf of the tree and trying to create a three dimensional story on a one dimensional piece of

Warwick Schiller ([01:07:40](#)):

Paper. You said something in there that reminded me of, so I've got a friend that lives in Texas. He trains racing horses, but he always takes up interesting hobbies. For a while there he was into Bonsai. He always takes up hobbies that you have to be really, really present to do finicky sort of stuff. Well, recently he's got into drawing and he's taken this art course. And the first exercise you have to do, and all the work is done with a pen, so you can't erase anything is you draw a here and a dot there. And you want to draw a straight line from this to that dot using your shoulder, not using your wrist, but using your shoulder. And then you've got to draw 400 of them. You've got to do whatever. And then, but one of the exercises they get to is to draw a three dimensional cube in.

([01:08:46](#)):

When you draw this three dimensional cube with a pen, all the sides of it have to be exactly the same length, but you draw it freehand and it's called the 250 cube challenge. And so you have to draw 250 cubes each one. All the sides are exactly the same length, but you're doing it freehand, you're not using a ruler, and it only counts as one. If it's perfect, you draw one, you might have to draw a hundred of 'em to get the first one, then you've got one, and then you go, and then you go. And so the course that he's taking, it's an online sort of a course sort of a thing. And so they've got communities or whatever I think

you can submit. I think you submit your work and others critique it or whatever. But there's a little chat feature over on the side, and he was telling me a story about, one lady said, I got up to Cube 187, and while I was drawing Cube 187, suddenly I could see it, whatever it is.

[\(01:09:55\)](#):

But her perspective completely changed. Her mind went into what I imagine an artist mind works, they see things differently and suddenly I could see it. And so I have an online video library that's my main business, and I've been videoing for 10, 11 years now. And so there's lots and lots of footage. There's so much footage from clinics of me working with horses and yada yada yada. And the people that get the most out of it, and not the people that watch one video on a particular thing, they watch every video on a particular thing, and they might see 30 or 40 horses working through the same thing. And if you watch enough of them at some point in time, instead of seeing what he did right then or how this thing happened, you see I now understand every, I now get how I could interact, how I could do that thing.

[\(01:11:00\)](#):

With any horse, you kind of get the reasoning behind it, whatever, you know what I mean? And a lot of people don't do that, but you get to where you see it, whatever it is, you have that innate understanding of something or other. But I wonder, while you were talking about your artwork there and that Japanese thing with the flow thing, it made me think of Joe's story about the hundred 87th Cube. And I saw it. I saw it. And that's like the self development or the healing work or whatever. As you go along, this perspective changes and you see things differently. And then, because I'm a huge fan of the Wayne Die quote, when you change the way you look at things, the things you look at change, and when you have a perspective change and you see everything differently, everything is different. It's not just your perspective, it's your interaction with it's different. And so I'm big into quantum mechanics and all that sort of stuff. So how you interact with the world is how the interworld interacts with you.

Ariana Mazzucchi [\(01:12:03\)](#):

Yeah, I think too, a lot of it is learning how to get out of your own way, learning how to get out of your self-consciousness, your self-conscious state, because then being self-conscious and trying to do a piece of art, they don't go together. Kind of like being self-conscious and trying to train a horse doesn't really go together really either. Yeah. And so it's learning how to just, just give yourself permission. And I love that the 250, even if it only took 187 cubes, and that's through a technical piece, whereas just allowing your hand, I mean the pen coming from your center just to doodle and dwindle, because what I take art classes, that would be some of the exercises they would challenge us to do or draw a picture in 30 seconds. So we'd sit with the horses and we would 30 seconds and then the sheet of paper, three seconds, no sheet of paper because then you couldn't get attached to trying to create something. You had to just keep looking and seeing and seeing what you were seeing and putting it on, letting through you. And so when it's just, yeah,

Warwick Schiller [\(01:13:23\)](#):

That was,

Ariana Mazzucchi [\(01:13:25\)](#):

That's when it just feels

Warwick Schiller [\(01:13:26\)](#):

Really Joe Good inside Joe, that art course that he's taking. When you make a mistake, just throw it away. Just do another, just do another one. Just do another one. My son plays the guitar and he lives in Hawaii. He's in a band, but when he was learning to play the guitar, and I think when you learn to play the guitar, you want to play a song. You don't want to practice the bits, you want to play a song, but at some point in time, his guitar playing got a lot better. And I said, wow, suddenly your guitar playing's quite a bit better. What have you been doing? He goes, oh, I started doing basically scales on the piano. He started doing exercises and just doing the exercises for exercise sake. It's like karma yoga. It's focusing on a task with no thought as the outcome of that task rather than trying to play a song.

[\(01:14:17\)](#):

But he got quite a bit better. And then one day, one night, I was sitting there watching him and I said, are you at the point now where you don't have to think about what you're doing with your fingers? They just do this thing and music comes out? And he's like, yeah. And I said, I'm like, how does that feel? And he looks at me, he goes, dad, that's why you play the guitar. You know what I mean? You get to where you're just in the flow. You're not thinking about, I'm going to put this here and this here and that there. And I do quite a few clinics and I'll start at eight o'clock in the morning, and apart from leaving the arena to go to the restroom, I don't stop for lunch. I drink water, but I don't eat lunch. People go, you must have an iron constitution.

[\(01:15:13\)](#):

You're out there all day and you don't get tired, and you must be just good at pushing through discomfort and yada, yada, yada. I'm like, time stands still when I'm out there, when I'm working with a horse in front of a crowd of people, and I'm narrating what I'm saying, if I'm just working with a horse at home, oh, I can daydream and stuff because I'm proficient enough for the horses that it'll still work and I can kind of be some, but when I'm narrating what's going on, explaining what's going on to a group of people while I'm working with a horse, I'm not three seconds ago, I'm not three seconds ahead, because it can't be, I'm not thinking, oh, what I just said was stupid or what is he going to do next? Whatever the horse does is whatever the horse does. And so I get in that flow state doing clinics to where I'm not tired. I'll tell you what, after a two day clinic, I'm warped because you're present for that long. But at the time it's not difficult. It's actually easy. It's one of the few places where I'm really present.

Ariana Mazzucchi [\(01:16:23\)](#):

Yeah, it's interesting that you say that because some people who know whatever, who know me here or there, but when I get around the horses like, wow, I see just now I really see you. I see a different side of you or whatever. And when I'm teaching, there's been times where I've been doing a clinic for five weeks with just weekends off, which is ball buster. But I taught my staff a long time ago because I learned through mistakes that when I'm teaching, I'm just in a different state of consciousness. I'm really in a different place and I have to be there. So I'm in the feeling, I'm filtering, I'm sensing everything. I'm not just sensing me, the people, the horses, the environment, and I'm in that space. And so I've learned to tell my staff when I'm teaching, don't come up and ask me if I want to have a seat over here, just put the seat over there, or if I want some water, just bring some water. But don't ask me questions because it pops me out of that place, especially with my dyslexia. So then I get what I get disoriented. And so I've learned to tell them that if you have a question about which horse or something, I'll let you know or ask me later, take notes and we can talk about it after class kind of thing. But I've learned that too. I won't really lose my appetite too. Like you said, I do try to stay hydrated, but yeah, I can be out there all day standing all day.

[\(01:17:59\)](#):

But I've had to learn too though, not everybody can do that. So I'm starting to see that I have to be a little bit more considerate of because we'll be out all day, literally of some of the people in terms of they can't stand all day. Do I bring 'em a seat? Do I always give people every perfect permission to take care of yourself? If you need to go use the restroom, if you need to get water or if you need to, because they're not always holding the horses. A lot of times when we're working like that, the horses are loose in the arena and we're in there with them or something. So it's not as active, but you have to be so in that groove, you have to be in that state of consciousness where it's not just what you're seeing and hearing it's a lot of these other senses.

Warwick Schiller ([01:18:57](#)):

Yeah, I used to doing clinics. I used to have everybody out. I used to have 12 people all day. And then for a few years I went to six people for half a day each. And now I have three people for two hours, and I get so much more done because most people can't stay hooked for that long. And so they get to come in and be presidents they can and work things, and then they go to just go and have a let down. You know what I thought I might do, I might start asking you some of these questions that you chose. I've got to flip my page over where I've written down the 13th senses. I like the sound of that book. Okay. So you've probably already maybe already answered some of this, but the first question you chose is if you could spread a message across the world, one that people would listen to, what would that be? Or your favorite quote or,

Ariana Mazzucchi ([01:19:52](#)):

I think what it would be is, I think one of the things that I've kind of been awakened to in the recent years is that the importance of giving back to the earth and to nature that we do a lot of taking. So we do a lot of, I mean not everybody, but some people, I think a lot of people do it, even if they don't even recognize that they do it, but please help me. And it could be God, great spirit, it could be angels or whoever it is that you're asking for some assistance, you're asking for some help. But what I've been seeing is that you also have to give that back. It has to be reciprocal. And so when we're doing anything we do, but I'm going to put it in the specifics of healing. So if we're healing other people, so one of the things I saw was in my work that I do, I mean, I'm really helping people to move through some transformation, right?

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

Crossing over into or crossing back into themselves or wherever they're going. And that I just saw that it's not enough to just work with the somatics of the person. We have to work with the person in relationship to the whole natural world of nature around 'em, because otherwise we're just healing one person at a time and sending them back out into a sick world in a sense. And so shifting our consciousness into that broader perspective of being much more in honor and respect of the earth that holds us up and the plants and the animals and the weather and all the unknowns and all the mysterious beings that are actually there to support us and help us, but they also need thankfulness and gratefulness and some kind of giving back. So some kind of grace of giving back. And so when we're working with healing, healing horses, healing humans, how can we do that in a more sacred manner of connecting it back to healing the very earth that we stand and walk on? So that would be my invitation.

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

Wow. We talked before we started recording this podcast and I was talking about Jessica White Plume, who is a Lakota woman from North Dakota. And what you just talked about then, it sounds a lot like how Jessica views the world, and it's a very indigenous view that is very, dunno if the word is refreshing

it to me it feels, I dunno, it feels right. It feels like coming home for some reason. I dunno. It feels like that's what we're supposed to, we're supposed to,

Ariana Mazzucchi ([01:22:55](#)):

It's like we're social animals just like horses are. So our instinct is to be part of the whole, to be part of the herd. I think that's ultimately what we have, this natural connection with horses because our instincts are the same. But being a social animal, our instinct also is to contribute, right? To be part of, to be a value and to be valued. And so when we come back to the earth like that and remember that she's the one giving us life and holding us up, now we feel connected. The social, spiritual, or instinct to be connected to the whole.

Warwick Schiller ([01:23:39](#)):

Right. I know you probably didn't choose the bit, but do you have a favorite quote?

Ariana Mazzucchi ([01:23:47](#)):

Mine? Yes. My favorite quote is, horses make decisions based on how they feel, not on how they think.

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

It's a great quote, very true quote as well. I know you didn't pick this, but do you have not a favorite book for you, but a book that you recommend the most to people?

Ariana Mazzucchi ([01:24:09](#)):

That's a good question. I recommend different books to different people for different reasons. That's a hard one because there's so many. Right. Okay.

Warwick Schiller ([01:24:18](#)):

Well, you recommend different books to different people. You're talking to me right now. We've been talking for a couple of hours now. What book would you recommend for me?

Ariana Mazzucchi ([01:24:25](#)):

You've read so many books. I think I would recommend my new book.

Warwick Schiller ([01:24:31](#)):

Well,

Ariana Mazzucchi ([01:24:31](#)):

Let's hear about it called The Water Calls One Woman's Journey to Reclaim or Freedom

Warwick Schiller ([01:24:35](#)):

One Woman's Journey To What?

Ariana Mazzucchi ([01:24:37](#)):

And that's not being self-promoted. It's called One Woman's Journey to Reclaim Her Dignity and Freedom. I mean, one just because I'd be curious because it's a nature, it's in Nature Book. But what would I recommend?

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

I mean, you've already told me about the 13th Senses,

Ariana Mazzucchi ([01:24:55](#)):

The song. The song, yeah. Did you read the Song of the Dodo?

Warwick Schiller ([01:25:00](#)):

No, the Song of the Dodo. Lemme write that down.

Ariana Mazzucchi ([01:25:06](#)):

That's an interesting one. And you did read Germs, guns, and Steel.

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

Yes. Interesting story. I was in, my life's been so weird. I was in Australia one time up in what's called the Northern Territory. So the top left hand corner of Australia and up there is a place called AEM Land, which is traditional aboriginal land. You actually need a permit to go into AEM land. And I was doing a clinic in Darwin, which is the closest major city to there. And the lovely lady that organized the clinic, her partner, he lived in an aboriginal community in Arnum land, and he provided the power and the water supplied there. So have a wet season. In the dry season, it's tropical, and during the wet season, trucks can't get in there to bring diesel in to run the generators that supply power to the town. And so they had, I think he can store a million liters of diesel there for the wet season.

([01:26:12](#)):

So there's a river you've got across to get in there. It's a tidal river that's called Cahills Crossing. And you've probably seen it because it's where all the crocodiles, there's lots of huge big crocodiles hanging out there. And every once in a while someone's car will get washed off the thing and they've got to get rescued away from the crocodiles. Anyway, long story short, normally white people can't stay in arm land overnight, but we stayed in the house of this guy that was at, anyway, so there's a hill from where we were living, we were staying looking out outside the front door. There's a lagoon and there's this rocky outcrop behind that. And we were signed up to take a tour with one of the local aboriginals of this hill and look at some rock art, some ancient rock art. So we go to the little cultural, we book it in one day, we go to the little cultural center, the next morning we're supposed to be leaving at nine o'clock, and we go in there and they say, oh, the guy's late or something or other, just wait around a bit.

([01:27:11](#)):

So my wife and son and I walk outside and there's a couple of people sitting at this seat, white people sitting at this little seat. And I walked past him and I said to Robin, that guy looked like Peter Garrett. So Peter Garrett was the lead singer of Midnight Oil. And after Midnight Oil has got back together, but for a while there, midnight Oil stopped being a band. And Peter Garrett went into politics. And when he was in politics in Australia, he was the leader of the Greens Party, and he was the Minister for the environment and the Minister for the Arts, I think. Anyway, so I said that looked like Peter Garrett and

([01:27:49](#)):

Robin said, well, go and see if it is him. I said, it wouldn't be him. So anyway, I turned around, I walked up to this guy, and as I'm walking up to him, I look and I'm like, oh my God, that's Peter Garrett. And I introduced myself. We had a bit of a chat and I said, what are you doing here? He goes, oh, we're supposed to be taking a tour of this hill at nine o'clock, but the guy's late. So we ended up going up this hill with Peter Garrett, who was the Minister for the Arts and the Minister for the environment. And we are in the environment looking at art. But anyway, so we are looking at this ancient rock art. And while we were looking at, I said to him, have you ever read a book called Guns, germs and Steel? That's where this whole conversation's going. You just mentioned that thing. Jared, Jared, Jared. What was Jared's name? The guy that wrote it, Jared, can't think of the author's name. Oh,

Ariana Mazzucchi ([01:28:38](#)):

It's where is it

Warwick Schiller ([01:28:42](#)):

Should have an orangey sort of a cover, I think

Ariana Mazzucchi ([01:28:46](#)):

Jared Diamond

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

Diamond. That's him. Jared Diamond. So here I am with this very famous person looking at this rock art, and I said, have you ever read Guns, germs, and Steel? And he goes, oh yeah, I was at Jared Diamond's Place just the other day talking about something. Yeah, I know that's a long story, but it's like, wow. All the little tentacles of connectedness,

Ariana Mazzucchi ([01:29:10](#)):

Connections that come. What about another one is the Overstory about the Trees,

Warwick Schiller ([01:29:20](#)):

The overs have read

Ariana Mazzucchi ([01:29:21](#)):

That one.

Warwick Schiller ([01:29:23](#)):

The Overstory. That's a series of stories, isn't it?

Ariana Mazzucchi ([01:29:26](#)):

I haven't gotten through the whole thing, but it's about trees.

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

It's a series of stories, but it's about trees. Yes. So Dr. Steve Peters, do you know Dr. Steve Peters? No. Anyway, he's a guest on the podcast. Well, he suggested that book to me, the Overstory. So it's a series

of stories about trees, and I think there's seven stories in the book or something like that. Okay. So the book I was trying to think of that has the Salami thing in, it's called Radical Wholeness is what it's called.

Ariana Mazzucchi ([01:29:56](#)):

Oh, I've heard

Warwick Schiller ([01:29:57](#)):

Of that. I knew it would come back to me at some point in time.

Ariana Mazzucchi ([01:30:00](#)):

Right, okay.

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

Okay. I'm going to ask you another question. What is the most worthwhile thing you have? Put your time into something that has changed the course of your life?

Ariana Mazzucchi ([01:30:11](#)):

Well, I'd first have to say my children, of course. And then I think the equine Guide education, really putting that out there, being really committed to it and being out there sort of through the thick and thin, believing in it and persevering and staying in when things weren't always so easy. That just feels like such an important body of work that I've done that I have to remind myself, AR you did that? I mean, people tell me that. And they say, wow. They always say, don't stop. Don't stop teaching. Because I'm always like, I'm going to go do something else. And then they're like, don't stop. Don't stop. But that feels like something I feel really good about.

Warwick Schiller ([01:31:12](#)):

The next question might be relative to this, that was the most worthwhile thing you put your time into. The other question that you chose was, what accomplishment are you most proud of?

Ariana Mazzucchi ([01:31:23](#)):

My latest book, my new book is something that I'm really proud of. It just came out, it's a personal memoir. I've been writing it for 16 years and it's very vulnerable and I'm proud of myself for letting myself put it out there.

Warwick Schiller ([01:31:48](#)):

Once again, that was called

Ariana Mazzucchi ([01:31:50](#)):

And writing, just even writing. Even writing, huh?

Warwick Schiller ([01:31:53](#)):

Once again, that book, your latest book is called,

Ariana Mazzucchi ([01:31:56](#)):

It's called The Water Calls. I will send you a copy.

Warwick Schiller ([01:32:00](#)):

Thank you. The

Ariana Mazzucchi ([01:32:01](#)):

Watercolor and it's one woman's journey to reclaim her dignity and freedom, and it just got five star reviews from reader's favorite five separate reviews. Very cool, super excited. It has my illustrations in it, it has poems, and it's written in the third person. So it starts as me as a little girl by the creek and all that. Then it's all Emma's relationship with nature. There's either a horse or a coyote or ravens in here, sheep, because I've been a sheep rancher also, and it was just me. So it's got a lot of nature, the lessons from nature in it basically. And it's a personal journey. And at the end of each chapter, there's me coming back into first person now and looking back on that time in my life and what was either challenging me or what was I struggling with or what did I see or not see. And then there's opportunities and contemplations for the reader so they can do some of their own journaling. And then there's time in nature, so there's go out in nature and talk to a tree or talk to a rock or have a little tea party with your other self.

Warwick Schiller ([01:33:23](#)):

Wow. Sounds amazing. Sounds amazing. The next question you chose was what have you changed in the past five years that has helped shaped you who you have become? Come?

Ariana Mazzucchi ([01:33:37](#)):

You know what it is. At first I was like, why did I ask Now

Warwick Schiller ([01:33:44](#)):

That's what I was thinking, like, Hey, you're going to go, Mike, I don't want to answer this question. You chose these questions.

Ariana Mazzucchi ([01:33:52](#)):

I could answer all your questions. I mean, they're all good ones. What it is is learning how to self-care and learning how to not to be more gentle and to offer more. I'm a very loving person, but I feel like to be a little more upfront about it, not so much tough love. And so to me, I'm really into this concept of kindness and then the self-care and the self-love. I had to learn that I've had breast cancer. And so that was kind of the big lesson I had to learn. And so the last five years has been a commitment to take self-care, but to loving myself not something I was doing. And then by doing that, then I can be an invitation to other people to do the same thing. I think we're usually the most critical on, we criticize ourselves probably more than other people criticize ourselves.

Warwick Schiller ([01:35:18](#)):

Yeah, I was going to say that that loving yourself thing is pretty hard for most people. Next question is, what advice would you give people about to enter your occupation? And first, before you answer it, you have to explain what you think your occupation is.

Ariana Mazzucchi ([01:35:42](#)):

Okay. Well, when I was thinking about that question, occupation, I mean, one is being, it's a good question. One is, I mean, whether you're a horse trainer, whether you're an equine guided educator or some version of incorporating horses into the healing arts and also, or being an artist, we're a

Warwick Schiller ([01:36:03](#)):

Raptor

Ariana Mazzucchi ([01:36:04](#)):

Expert, so kind of, huh.

Warwick Schiller ([01:36:07](#)):

We're a rap to expert in case there's a whole bunch of people out there who want to get into the line of Raptor expert.

Ariana Mazzucchi ([01:36:15](#)):

So I think that I would say, well, one, don't worry about your competition. So don't compare yourself to other people and to what they're doing and to trust yourself. Trust what you see and what is compelling you to want to do the work that you do, and to make the contribution that you want to make. I also thought finding a group or a teacher or a mentor as well, so that you're connected. And that can be nature. It doesn't have to be a human being. So it could be whatever we call the higher source or your other allies, whatever those are. And just really, like I said, trusting your own intuition about what you see possible and what you want to bring forward. And then also being able to ask for help and get resources to assist where you need to, because we can't be experts in all things. So we can have an expertise or mastery towards our occupation, but we might need help with the technology, for example, or with organization or something like that. So try not to lone wolf it at this point in time.

Warwick Schiller ([01:37:46](#)):

You said you can't be an expert in everything, even though your bio says, you are so

Ariana Mazzucchi ([01:37:53](#)):

Okay. I am not good at technology. I'll be totally upfront about that.

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

Well, you've done a good job of getting on here today and it's all working, so that's pretty good. So what do you do to relieve stress and recharge your batteries?

Ariana Mazzucchi ([01:38:12](#)):

I actually garden. I go out in nature. I go to the beach. I walk on the beach, hang out on the beach, just get into quiet places in nature where sometimes with the trees, having my hands in the dirt,

Warwick Schiller ([01:38:31](#)):

I physical, I read, read somewhere recently. There is actually a, is it a bacteria? There's something in dirt that actually relieves depression.

Ariana Mazzucchi ([01:38:45](#)):

That's interesting.

Warwick Schiller ([01:38:46](#)):

I forget what it was, but it's something to do with, so you can absorb it through the palms of your hands. And there's something, it's like the earth provides all the right resources. You know what I mean? If you're doing the right thing for every poisonous plant, there's another plant nearby. That's the antidote if you know what the plant is sort of thing. And yeah, so yeah, getting dirt on your hands is actually, there's something that you absorb through your skin from the dirt.

Ariana Mazzucchi ([01:39:21](#)):

That makes sense. There's a book, and I don't remember what it's called, but there's a book where maybe I think it's called Earthing, where scientifically has shown now that if you take your shoes off and you stand on the earth, that it rebalances and reenergizes and does all these amazing things.

Warwick Schiller ([01:39:43](#)):

Yes, your feet are supposed to be on the ground. One last question for you that you chose is what do you feel is your true purpose in the world?

Ariana Mazzucchi ([01:39:57](#)):

That is an interesting question. And in a way, it's a vulnerable question, so it's a little scary to put it out there, but I feel like I'm a visionary. I can see things sometimes before other people see them. And I'm an artist, so I can create mean. My goal is to be able to inspire people. So if I can inspire people through whatever artistic expression I have, whether it's something on paper or just a relationship with horses, a different kind of relationship with horses. And so I feel like I am, part of my purpose is to help this shape shifting process that we're in, to be in this shifting in consciousness, and I'm still learning, but to be a better spokesperson for our mother Earth and all of our brothers and sisters that walk on it, her,

Warwick Schiller ([01:41:09](#)):

I think that's a great purpose to have in the world. So what's next for you? I mean, you've just released your new book and you've got, how many books do you have? Four.

Ariana Mazzucchi ([01:41:21](#)):

Four? Yeah.

Warwick Schiller ([01:41:23](#)):

So they would be

Ariana Mazzucchi ([01:41:24](#)):

The next one.

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

I had a list of here, equine guided education, horses, healing. I love the title of this. One of your early books. Horses Healing, humans Healing Earth.

Ariana Mazzucchi ([01:41:37](#)):

Yeah, that's what it feels like.

Warwick Schiller ([01:41:42](#)):

You've taken that one step further. So I'm a big Brene Brown fan, and in one of her books, she says that for a long time she only focused on helping women and girls. That was her focus. And then she had this epiphany to where she thought, if we're not helping boys and men, we are not helping women and girls. And I kind of look at it with the horses. I want to help the horses. So I've kind of flipped that saying around the last few years, and I talk a lot about mental health and just being in connection with your self at clinics, because I feel like, so I want to help the horse's mental health, but I feel like if we're not helping the human's mental health, we're not helping the horse's mental health, because most of the problems, the horses haven't come from the people. And it's almost like you're taking that one step further. The horses are helping, the people are helping the earth.

Ariana Mazzucchi ([01:42:53](#)):

Like I was saying earlier, I feel like the horses are calling on certain people, certain ones of people, to shift our consciousness in order to help heal the earth. And the way we heal the earth is by healing the people, right? Because we're the ones that can actually change. We're the ones that are also causing a lot of the problems, but we're also the ones that have the ability to make the changes. And the horses, I mean, hummingbirds and other animals are probably calling too, but the horses are something, they're so big and they're so visible, and they're kinesthetic and right. So I can't imagine a person who's not awed by a swiftly moving horse. So they just have a certain kind of presence for us that we listen to.

Warwick Schiller ([01:43:49](#)):

Well, yeah, I think that's very true. But think the other thing is most people aren't passionate about a butterfly. You might see a butterfly and go, yeah, that's beautiful, but you don't need to change to observe the butterfly. Whereas the horses, you know what I mean? Oh, I love horses. I want to be around horses. I want to ride horses and not die. Okay, well, you might need to change how you view the world a little bit. You might need to be a bit more in control of you. You might be a bit more in touch with you. You know what I mean? I think the horses are, I hear it from people all the time. Oh, doing the work that you do with horses has helped me. Doing the work has changed my relationship with my husband or my kids, or my coworkers or my boss, or whatever. And that change only happened because these people were passionate about getting on with horses. They've been married to the same man for 25 years, but they haven't made the change to make their relationship better. They haven't put that work into that, but I'll put it into the horses, and then it's like the rest of humanity kind of reaps the benefits

Ariana Mazzucchi ([01:44:55](#)):

From it. Well, and I'll pull off of that. People will change themselves for the horses before they will for themselves and for other animals too, but definitely for the horses. And sometimes I'll invite people to do what, if you thought about that person as if they were a horse, how would that shift your perspective of them? And then all of a sudden, a whole new world opens up like, oh, that person's just, that horse brings a horse. They're a little afraid right now. Or they're not feeling secure, or they need a little something different.

Warwick Schiller ([01:45:32](#)):

Yeah, that's a good way, good way of looking at it.

Ariana Mazzucchi ([01:45:36](#)):

And the horses are so giving, right? They're so generous and giving and lacking and judging. They're not judgmental. That's think one of the biggest things I've learned from them.

Warwick Schiller ([01:45:49](#)):

Yeah, I think they will let you treat them however you feel you need to treat them, and I'll kind of put up with it. But they will start to challenge you in different places to where there's the opportunity for growth right there. There's the opportunity to change how you go about things or the way you look at things,

Ariana Mazzucchi ([01:46:13](#)):

Right? Every time too, not a person is spared from that. I say they always give you a little slice of humble pie.

Warwick Schiller ([01:46:20](#)):

Are you continuing on the same path you've been on or do you see yourself in the future? You still following the path you've been on, or you feel like you're starting to morph? Because I think these days, the conversations are different, meaning what used to be kind of a bit out of mainstream, especially with what you do, is now becoming more mainstream. I was just in Australia at a big horse expo then Australia's biggest horse expo. I was presenting that and had so many people come by the booth who were in the equine assisted field, either equine assisted learning, equine assisted psychotherapy, so many of them, and hearing their stories were amazing, but it's not unusual these days. So do you feel like you're going to still keep doing what you're doing, or you got something new on the horizon like, oh, I'd like to try this?

Ariana Mazzucchi ([01:47:24](#)):

Well, it's an interesting question you asked that because by the time I call the marketplace, by the time the marketplace catches up, I'm kind of already off starting on a new path. So I will still teach my equine guided certification program through Skyers Academy, although I have a new program director who's really going to start to take a lot of that responsibility on to really free up my time to do the What's next thing I'll still keep teaching that I'm getting more and more curious about. I'm so excited now that this is starting to be a conversation that we can have even in a horse expo because they weren't really open to it 15 years ago or so. So I'm kind of curious about getting back into it that way and continuing conversations with you and people like you to towards this larger arcing vision of opening our awareness and how can we help save the mother earth?

([01:48:31](#)):

That's really, I feel like helping one person develop their own awareness will hopefully help them awaken to being more in connection with either it's just the community or the surroundings or the earth itself, whatever range that any person finds themselves in. So I'm really excited to do, I'm actually working on my next book, which will be much more whimsical stories from nature, and just looking for, I'm feeling compelled and pushed by my whatever great spirit and my allies or whatever, to try to become a different, more expanded spokesperson for not just horses, but horses, plants, animals, the earth, and just kind of trusting that path. And so far it's working that the next, whatever the next stone that's

supposed to be, I'm supposed to step on will appear to itself. So I'm in the game and I'm open and ready to keep moving forward and bringing my curiosity and my passion and my excitement for living forward.

Warwick Schiller ([01:49:55](#)):

Well, that's awesome. I think people like you out there doing great things in the world and actually changing the world in a for the better and making the world a better place. So thank you for doing that.

Ariana Mazzucchi ([01:50:14](#)):

Thank you. Thank you for doing that too. We all have all different ways of doing it, and then together it fits pieces of a puzzle and they all fits together.

Warwick Schiller ([01:50:24](#)):

Sure does. So how can people find out more about you?

Ariana Mazzucchi ([01:50:31](#)):

For me, you can look up my name, which is not easy to spell. So it's a R i a N a, Mizuki, M A Z Z U C C H i.com. My farm is Casa Ranch, or my ranch is C A S A R i ranch.com. You'll find me there. And then for people that are interested specifically in the equine guided certification program, they can go to Skyhorse Academy.

Warwick Schiller ([01:51:02](#)):

Perfect. What about social media? You get anything going on there? Instagram, Facebook.

Ariana Mazzucchi ([01:51:07](#)):

I have a Facebook page, which is, they can either go to Kasari Ranch or my name Ariana Strozzi, Zuki and Zis, S T R O Z Z I, and just request to be a friend. I don't do a whole lot of social media yet. I know I should, but I do have a blog, which is a monthly inspiration blog, and I'm working on getting some of my artwork up on my website, and that's just a project, but I think kasari ranch.com, it would be the place to, if somebody wants to be on my email list and see what I'm up to, that would be the place to sign up.

Warwick Schiller ([01:51:48](#)):

Perfect. Where is the blog? Because I'm want to scurry off and read it right now.

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

It's a page. It says blog. That's on the not all my blogs

Warwick Schiller ([01:51:59](#)):

Are Is that on your website?

Ariana Mazzucchi ([01:52:00](#)):

It's on my kasari ranch ranch.com. Yeah. And not all of my essays are on there right now. I have to because I just switched web platforms, so I have to get some of them on there. There might be some on the Skyhorse Academy as well, but that's my project right now. It's just to narrow in to make all that a little bit more accessible for people.

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Warwick Schiller ([01:52:28](#)):

Yeah. Perfect. Well, thank you so much for joining me on The Journey, our podcast. It's been such a pleasure chatting with you and getting to know a bit more about you.

Ariana Mazzucchi ([01:52:37](#)):

It's been my pleasure too. Thank you so much for having me

Warwick Schiller ([01:52:41](#)):

And you guys at home. Thanks so much for listening, and we'll catch you next time on the next episode of The Journey on podcast.

Speaker 1 ([01:52:49](#)):

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