

Speaker 1 ([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 ([00:47](#)):

Good day everyone. Welcome back to the Journey on podcast. I'm your host Warwick Schiller, and it's been a bit of a busy month, probably a month ago or so. I presented at the Western States Horse Expo here in California. And then on the Sunday night after that, I flew to Australia and presented at a thing there called the Mastery of the Horse at Outback Spectacular on the Gold Coast, which was amazing. And then I did a clinic the weekend after and then I've got back here to California and then pretty soon after that we had a retreat at our ranch. So it's been quite busy. And my son, Tyler, who he runs the backend of most things, he put a question out to my Patreon members and said, ask me anything. And so that's what this episode of the podcast is going to be is I'm going to answer questions from Patreon members on Ask Me Anything.

([01:43](#)):

And I'm probably only going to get to one question. It is quite the question, and it's from a lovely lady named Suzette Ek. And Suzette, her one question is I want to hear about your journey since starting the podcast and all the people you've met and after interviews like Emily from Sweden, such a long way from your early days training Reiners, right? Yes. Suzette Wright, take us from your beginnings and thoughts on horses to now then just today I'm listening to Alicia and like, wow, it's hard to process this stuff. Sometimes I come home and look her up and see the video of her helping George's Mustangs from afar. Thanks for the Road Warwick. We'll all never be the same. We're reconnecting with source. Thanks to you. I don't really think it's thanks to me. I mean, I'm just curious about stuff and I'm probably curious about stuff that maybe, I don't know, maybe some people aren't aware that is out there and because they were curious about what I was up to with horses, they're now curious about the stuff I'm curious about.

([02:45](#)):

But so Suzette said, I want to hear about your journey since starting the podcast and all the people you've met. I think I've talked about it before, but the podcast started out, my wife thought I should do a talk radio call in, answer your questions type podcast. So I'd be answering questions kind of like this. But I had said to her at the time, you know what? The way I look at things these days, unless someone's looking at things the way I'm looking at them, it might be hard for me to answer their question because a lot of times horse questions are, my horse is doing this wrong. How do I stop him from doing it? Not my horse is doing this wrong. What do you think could be causing it and how do you think I could help him? And that's probably the difference, is being aware that behind every behavior is an unmet need.

([03:41](#)):

And when you meet that need, the behavior, a lot of times it goes away. And so the first episode of the podcast I did was called Changes. Episode number one was called Changes. And I think to this day it's still the most listened to episode even with all some of the amazing guests I've had on. And that was about how I changed the way I look at things to do with horses. And then episode number two, I thought, well, I better digress from that. And so episode number two was called the Science of Connection, which was about polyvagal theory and how connection, especially with horses, but with

people anyway, but how connection with horses soothes the nervous system and solves a lot of the problems that we would want to use training to solve. And so those were the first two podcasts and I kind of did those so that people had an idea of where I'm coming from and then maybe we could do the call radio show thing after that.

[\(04:49\)](#):

But then I had Jane Pike on the podcast, our good friend Jane Pike, and Jane is just absolutely amazing and she rocked it. And then I was like, you know what? I want to have more conversations like that on the podcast. So then it was just one guest after another, after another, after another. And I think every single one of those guests has helped me on my journey, have opened my eyes to things I might not be aware of sometimes. I've even been therapist on my own podcast. Jane did a bit of that with me the first time around. And Sarah Slo did, she also therapist me a little bit on my own podcast. But getting back to Suzette, she said, I want to hear about your journey since starting the podcast and all the people you've met. It's not just the people I've met from on the podcast, but people I've met because of the podcast.

[\(05:52\)](#):

And I'll tell you what I knew the podcast was having an effect last year after the podcast summit in San Antonio. So the podcast summit in San Antonio last year was 22 of the first season's guests presenting over three days. And at the time, we couldn't really explain what happened. It was the energy was just off the charts. It was this amazing energy. Everybody, all the presenters showed up and just absolutely rocked it. And it was just the combined energy of all those people. There's 250 people in the room and they're all in the same wavelength. And it was just a magical moment. And our new place here in Paa Robles, California, we've been having retreats. And the retreats initially were called being with horses and yourself. And then recently we've just started calling them attunement and connection retreats. And they are those retreats for people who are interested in what I do with the horses and are trying to achieve that with their horses.

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

And it's more about the mindset of that and that your mindset involves how you look at training, how you look at horses, how you look at problems, how you look at yourself, all those sorts of things. But the retreat we had when I got back from Australia here recently, we did a meditation on the Sunday morning in the arena, and we had Robin's old horse. Oscar was loose in the arena with us, and there was something about that group energy in that particular meditation. So there were two of the participants in the retreat were actually therapists, and there was one girl actually flew from Sweden all the way out here just for the retreat. So that was pretty humbling to have her come out and she was amazing. But during that meditation, one of the therapist ladies, she had an experience to where she had a conversation with her deceased mother.

[\(08:03\)](#):

It was quite emotional for her. And the young lady from Sweden, she actually felt herself rise up out of her body. And she went to a door and opened the door and went through the door. And I don't need to tell you what she saw on the other side of the door, that's her story to tell, but it was pretty special. This nine person, there's eight participants plus myself in the arena, and the energy was just off the charts. And so you think about the podcast summit last year was like that, but instead of being eight people, there was 250 people. And so I was telling the story here for Suzette about how things have changed a bit since the start of the podcast. And last year after the podcast summit in San Antonio, my son Tyler and I flew straight to Australia where I was presenting at Australia's biggest horse expo, which is called E Equitana. And at the past in E Equitana walking around, there's lots of people, it's a pretty crowded sort of a place. And walking around at e Equitana in past years, maybe a quarter, a fifth, a sixth, I dunno, of

the people you walk past recognize you and want to say hi or whatever. But since the podcast, and I don't think I'd been back to, I hadn't been to ECU since pre Covid, so it'd been a few years since I'd been back there and pre post podcast e Equitana in Melbourne last year.

[\(09:35\)](#):

It was kind of crazy. It's almost like everybody I walked past looked at me like, oh, there's that guy. And when I say that, I don't mean that in, I'm the guy, I mean that in. There's that guy who's talking about that stuff that's really interesting. I don't for one minute think this stuff is about me. I'll tell you what happened at the Western States Horse Expo here in California. The people that came by the booth were amazing. It is just getting so cool at these horse expos, people that come by the booth, they all have a story to tell. They all want to say thank you. Something I've done in a video or talked about in the podcast, something has led them down a bit of a rabbit hole that changed their life. But I was in the booth and there was a lady, I haven't seen her for 20 years, she's a horse trainer here in California.

[\(10:29\)](#):

And she stopped by the booth and was chatting and I was selling my book, the Principles of Training, and there was a line of people, and I was signing the books while I was chatting with this friend I hadn't seen for 20 years. And a girl walked past the booth with her man and she turned and she did a double take and looked at me and looked at the line, looked back at me, and then she scurried off. And the girl, the horse trainer lady that was sitting in the booth with me looked at me and said, that was interesting. I said, I bet you five bucks that at some point in time in the next half an hour, she comes back and when she does, she's going to look at me and she's going to burst into tears and she's going to pull her eyes out.

[\(11:10\)](#):

I'm going to get up and give her a big hug and tell her that it's all right. And she goes, you think she will? I said, I know she will. Anyway, within half an hour, that lady came back and just burst into tears. And there's nothing to say when that happens. I just got up and gave her a big heartfelt hug and just felt that energy coming off it. And she didn't tell me what had happened. I don't need to know, but it, it's got something to do with either a guest on the podcast, something I said on a podcast, something I said on a social media post, something I said on a YouTube video. Something like that has altered the way this person views the world in one place, and it's probably in the horsey sphere. But once you have a paradigm shift in one place to where you thought your whole life, you thought this one particular thing, whatever it is, whether it's some dogma or whatever it is, but this one thing to be absolutely true, undeniably true.

[\(12:25\)](#):

And when you realize that that is just a story you've been telling yourself or the government's been telling you, or really your religion's been telling you, or your community's been telling you whatever, and you realize that's not true, then you get to stop and consider what else that I have always thought as absolute truth could be different. And I think that's when people start to maybe look at other things in their lives. Nothing to do with whatever it was. Whether I said something on the podcast, a guest on the podcast said something, I mentioned a book, a guest mentioned a book, I said something on a video, it doesn't matter. It seems to be that some of these conversations we're having these days get people to think about things differently. And from thinking about that thing differently, I think it gets 'em to think about a lot of other things quite a bit differently. And so that happens quite a bit. When I went to Australia to Mastery of the Horse, the same sort of thing happened in the booth there, and it's just so humbling when it does.

[\(13:42\)](#):

I know 99% of the time it's not something I did. It's something that these people have explored on their own, possibly started by something I did or said or whatever. But that's not the point. The point is that these people are just, I wouldn't say it's heartbreaking, but it's certainly very heartfelt when you have people come up and just want to so graciously say, thank you, it's very cool. And the energy of it is, it's not draining. Used to be at horse expos, I'd be in the booth and people would come up and I got this horse and here knows this and handing that, and that can be draining. But when people come up to the booth with life-changing tales and it's full of gratitude, I wouldn't say it's toxic. I wouldn't say it's intoxicating.

[\(14:51\)](#):

I'll tell you what, well, at the booth when that trainer was sitting in the booth with me at the Horse expo and people would say, Hey, can I get a selfie with you? I'm like, sure. And I'd jump up and get in front of the banner and they'd take a selfie and then I'd sit back down and be chatting. And this person I hadn't seen for 20 years said, how's that? Does that not wear you out just doing that all day long at these things? And I said, no, not really. I feel like I'm in a very privileged position. I'm very lucky to be in the position I'm in, and I'm very lucky to be in a position to where maybe some of the things that I'm involved in, like I said, make people view the world differently, which makes their life different. And I said to her, if someone's day will be made by coming by the booth and getting a selfie with me, and they leave with that, oh wow, that was so cool.

[\(15:50\)](#):

Hey, I said to her, who wouldn't take 10 seconds out of their day if it made someone else's day, if it made someone feel really good and have that really positive energy for even a short time afterwards. But I said to her, I don't think for one minute, it's about, oh yes, you need to get a selfie with me sort of thing. It's just these people, they just come up to the booth and they want to take a selfie, and it probably reminds them a bit of their journey of the things they've been looking at differently. But yeah, it's all those horse expos that are just so, I dunno, energizing. You could say they're energizing. And at the time I'm very energized. It doesn't wear me out, but when the horse expo's over, I'm usually pretty tired. Getting back to Suzette's question, she said after the interviews like Emily from Sweden.

[\(16:52\)](#):

So I feel like I'm reading Emily's book right now, all the King's horses. She sent me a copy and it might be hard to get ahold of, but I'm telling you guys, it is worth trying to find a copy of this book. It is, oh, there's so much wisdom in it. It's kind of a stop and stare at the wall for a while type book that I felt like. I think Emily was somewhere around podcast 120, and I kind of felt like every podcast guest leading up to that. We had 119 podcasts before that just so people were ready to hear what Emily Case doctor had to say. And then Suzette in her question went on to say, after she talked about Emily, she said, then just today I am listening to Alicia. I'm like, wow, it's hard to process this stuff sometimes. So I've got to tell you a story about Alicia.

[\(17:49\)](#):

So if you haven't heard Alicia's podcast, she was the last guest, Alicia, Maine, and where do I start with? You don't need to rehash the whole podcast. So anyway, my horse Chance, chance is four years old and Chance has been quite an experiment Chance, and my other two younger ones, Rupert who's two, and Bodhi, who's yearling, they've been an experiment in seeing how much I can get done, how far I can get, what I can get to happen using connection as a basis. There's training goes on top of that, but it's using connection as a basis. And so I just started riding Chance recently I'd had probably four, maybe five rides before I did the podcast with Alicia. And all the first four rides went great, and I just let him walk around

in the arena. So I decided to start Chance in the arena first ride in my big arena, which is 150 feet by 300 feet.

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So it's 50 meters by a hundred meters. And the reason I wanted to start riding him in there instead of say a round pen or somewhere smaller was a lot of people say, well, I don't have a round pen so I wouldn't be able to start my horse. I don't have a round pen. So I thought, well, I'll show you how you can start 'em in a bigger area and if you get all the little stuff, especially the relaxation and the connection on that, you shouldn't really have too big a problem on your first ride. So I'd had four rides on him in the arena, and I just let him walk around. We just walked around. That's basically all I did. But he walked around and just stretched over his top line and was walking around really good. And so by the fifth ride, I thought, I think he's ready to ask for me to ask him to Trott.

[\(19:36\)](#):

He'd gotten to where we could be walking along and I could just bring my energy up in the saddle and he would pick up a bigger walk and push from behind. He was really stretched in over his top line, loose in his back, and this all felt good. And so I asked him to Trott and he tightened up and kind of propped on his front feet kind of hard. And I'm like, that was interesting. Lemme try it again. And I tried it a few times and I got the same response every time. And when I first saddled him, he was a bit like that. And that's not unusual for young horses when you're saddle 'em for the first time and he's probably had maybe a little bit more of it than other horses. So anyway, on this fifth ride when he did that, I've got an intern here and she was videoing, and I said, okay, so there's a problem there.

[\(20:25\)](#):

I only go back to the very beginning. Now I've got to this point and I realize that that's there when I ask him to try that getting tightened, kind of propping on his front feet sort of thing. It's not a buck because he doesn't kick out behind or anything. It's just getting tightened, hitting on his front feet. I said, now that I know that that's there like that, what I'm probably going to do is I'm probably going to go back to the very beginning and start all over again knowing that that problem's there. And I'll probably identify the beginning of it somewhere much earlier than this. And that's what I was thinking I was going to do. I was going to go back to the very start, and then I had the podcast with Alicia, and after we got off the podcast, Alicia said, yeah, if you get a horse you want me to work on or whatever, I'd like to try these distance healing stuff that she does.

[\(21:15\)](#):

So Alicia Main, if you haven't heard the podcast, she has a PhD in distance healing. It's quantum entanglement is what it is if you really want to get technical about it. And I thought, no harm, no foul. I'll give this a go. So I said, yeah, I've got a horse you can do a session with. And she said, I don't want you to tell me anything about the horse, just his name and his age. And I had not told anybody about this sticky problem going into the Trott with chance. And so I organized this thing with Alicia and she does it by Zoom. So she actually watches the horse while she's working on the horse from a distance. She's 1200 miles away in Colorado. And so we put chance in the round pen and we were going to do it about eight o'clock in the morning.

[\(22:02\)](#):

Alicia was going to get on the Zoom call about eight o'clock in the morning. So we put chance in the round pen at about seven 30, and our intern, Marta and I, we sat there and watched him, okay, we wanted to get a baseline, we wanted to know what his behavior was like and what he was doing before Alicia started to work on him. And he'd just kind of wandered around, wandered here, wandered there,

came over, tried to put his head out through the fence and say hi to us. But that's all he was doing. So when Alicia started, he was standing on the other side of the round pen and he had not in half an hour he hadn't licked, chewed, shook his head, yawned, rolled his third eyelid back, done any of those things. So Alicia starts and she says, I'm going to just start above his nostrils.

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I'm probably two inches above his nostrils and I'm just, oh, yes, his fascia is a little bit pulled to the right or to the left. I can't remember which. She said, I'm just going to just that a little bit. There we go, that's better. And as soon as she said that, he had a big old lick and a chew, and then he had a big yawn and rolled his third eyelid back and kind of shook his head. And it was instantly when she did that. And every time she worked on something that happened, every time she worked in something, had a big lick and a chew and a yawn. And at times when she was working on his jaw, I think he would take his jaw and cross it.

[\(23:35\)](#):

I don't know if you can hear that noise in me crossing my jaw, but clicking your jaw from side to side. And then at one point in time she got to working on his shoulders and she, he's kind of stuck in his shoulders, this and that. And then he acted like he wanted to pee and he really stretched out. He was kind of side onto us, and he really stretched it like he was going to pee, but he didn't pee. Then he turned and faced directly towards us and stretched the same way, but his front feet were touching. And I said, it's really interesting. His front feet are touching together, kind of like a particular kind of a stretch. And said, yeah. She said, yeah, he's stretching his shoulders out right now. And then probably five minutes later he did actually stretch out and pee and there was a lot of stuff happening in the thing.

[\(24:16\)](#):

So when the whole session was over, she said, so don't do anything with him for a few days. Don't write him for a few days. And I hadn't told her, she didn't even know if I was riding him or not. I hadn't told her that. All I told him was his name and his age. I didn't even tell her if I'd ever ridden him or any problems we were having. So that was on Thursday. So Friday I didn't do anything with him. And then we had visitors over the weekend. If you remember Kansas Carradine from one of the earlier podcasts, Kansas, and her husband and her kids were in town for a wedding. So they came and stayed with us for a couple of days, so I didn't do anything with chance then. And then Monday we dig him out and we get him out, and I sat him up and we video the whole thing, and I ride him and the walk's the same. When I ask for the Trott, instead of tightening up and doing that thing, he just trots along, almost dragging his nose on the ground, just stretching over his top line and swinging his legs. And I've had probably two or three rides since, and he's been the same.

[\(25:18\)](#):

He's been the same each time. So it's interesting that Suzette's talking about in this one question about Ask Me Anything, it's talking about Listen to Alicia, and you all probably have heard the story about Sherlock and probably the Mustang at the clinic in Texas. And I really believe that what happened with Sherlock is going to be one of those sorts of stories that years from now, I'll still be telling the same story about the time that Alicia main solved chances, trotting problem from 1200 miles away. At this point in time, I really feel like I want to switch gears back to the horse expo in California and mastery of the horse in Australia, the horse expo. It was the start of some serendipitous things happening, like you probably all experience this on your journey that you get to where these coincidences just all of a sudden keep happening.

[\(26:17\)](#):

And there was a lot of 'em at the Horse Expo, but then I was just talking about podcast guests and Alicia and I was talking about Kansas came to visit and all that sort of stuff. So if you guys remember in the first season of the podcast, there was a young Australian man named Isaac Adams on the podcast. So he was an Australian Army veteran. He served in, I think it was Afghanistan, and came back with some P T S D and ended up finding horses being therapeutic for his P T S D. Well, so I had Isaac on the podcast, but I'd never met him face-to-face. When I record the podcast, I can actually see the other person's face, but I'd never met him. So I went to Outback Spectacular to this mastery of the horse thing. So Outback Spectacular is on the Gold Coast of Australia.

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It's a big touristy area, and Village Roadshow is a movie company. They own movie world, SeaWorld, Outback Spectacular. There's a big waterpark there. They own a lot of different stuff. And Mastery the horse was held at the Outback Spectacular. So it's a night show, it's a dinner show, so they see a thousand people, they feed them all while this show in the arena is going on. And so we were using that venue during the day. It's the most amazing venue. It's like a theater for horses. The arena has spotlights on it. They can turn all the houselights down towards only the arena that's lit up and it's amazing. So there was five of us presenting there. There was Brett Parry, who's a dressage writer from Australia, Clem Smith, who's a World Cup show jumper, Cody Ross and Harris, who trains horses for the movies. And then my good friend Dan St.

[\(27:59\)](#):

Who's been on the podcast before, and we were all presenting there, and the first day I was not on until the afternoon. And like I said, all the house lights are down, the lights on the crowd are down when someone's in the arena working. And a good friend of mine named Rachel was at the thing. I knew she was going to be there and haven't seen her for several years. And when it started, I went inside, I found a seat and I was sitting there watching, but then I texted Rachel, I said, Hey, where are you? I want to come see you. And she goes, oh, there's a spare seat right next to me. And she gave me the row number and the seat number, whatever. So I went and found her and I sat next to her in this spare seat. We sitting there catching up for a little while, and then an usher comes along with these little flashlight out sort of thing, looking with this person and they're looking for a seat and oh, turns out I'm sitting in this guy's seat.

[\(28:52\)](#):

So the usher says, oh, that's this guy's seat. And so I said, oh, I'm sorry. And I stand up to let this guy sit down. I look at him and I go, are you always Zach Adams? And he goes, yes, I am. So the first time I ever met, so there's a thousand seats in this facility, and the one person seat that I sat in was Isaac Adams. And there was just so many serendipitous things like that the whole time I was there. It was one after another. The first morning of that, my wife texted me and she said, our intern just saw a mountain lion stalking a deer down by the horses. What do I do? I'm like, I have no idea. Mean, I dunno anything about, I've never lived anywhere within his mountain lions. I don't know if mountain lions attack horses. I really don't know anything.

[\(29:45\)](#):

And I said to, so there's a lady named Heidi who runs most of the organizers, most of the stuff at the Outback Spectacular. And I just happened to mention it to Heidi and she goes, oh, my best friend's married to Australia's leading big cat trainer, and he used to have a pet mountain lion. I'm thinking, well, how's that for a coincidence? She said, we need have a chat to him at some point in time and ask him about that. I said, yeah, I'd like to do that. This is on Friday at the mastery of the Horse. By lunchtime, Heidi comes up and she goes, Hey, there's someone here I want you to meet. So it turns out this friend

of hers and her husband showed up there, and so I got to meet them and sit down and have lunch and ask this guy all about mountain lion.

[\(30:28\)](#):

So at eight o'clock that morning, my wife 7,000 miles away in California has a mountain lion issue and I don't know what to do with it. And so then by lunchtime, I'm sitting down talking to Australia's leading big cat trainer who used to have a pet mountain lion. And the whole, I don't know, the whole two and a half weeks I was gone was like that. Both the horse expo in California, the mastery of the horse in Australia. Then things that happened that week after Mastery of the Horse, and then of course the clinic that I did the very next weekend. It was just one very serendipitous thing after another. I thought I might just get to another one of these. Ask me anything questions just because it's along the same lines and this question's from Sam Granger and her question says, how does it make you feel knowing so many people look up to you?

[\(31:21\)](#):

I imagine people pouring their hearts out to you, telling you how much, not only your horse training methods, but your life hacks have changed. Your lives would get pretty overwhelming at times, I imagine. Yeah, and like I said earlier, answering Suzette's question, it doesn't really get overwhelming. I'll tell you what, it remains a very humbling experience. And like I said before, I don't ever really think it's, it's about me. I just happen to be someone who's interested in this stuff and I'm probably involved in a group of people say horse people or whatever who maybe aren't normally interested in this stuff and it's maybe my interest in this stuff that has got other people interested in it. I think about this, there's levels of things, and if you are at a level where you are kind of at the top of the level you are currently on, it's quite easy to feel like, I kind of got the hang of this.

[\(32:30\)](#):

But when you go a little bit further along your journey and you're now at the bottom of the next level, you tend to think you dunno much at all. And I dunno, I think maybe spiritually I've just gone up a little bit, which means I've gone out of the top of the level. I was on into the bottom of the next level. And so right now I'm kind of very aware of how little about things I know things like Emily Case Doctor's podcast. Really, it was fascinating, but it really highlighted to me I don't know anything about anything really. So especially to do with that sort of thing. Like I said before, I'm currently reading her book, which is absolutely fascinating and I'd highly recommend anybody who's into anything like that to read their book. There's some great stories in it, but also there's some very, very powerful wisdom in there. And what's really cool is some of the wisdom comes directly from the mouths of animals.

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

Yeah. When you hear what she's got to say in that book, if that podcast blew you away, I would definitely, definitely get the book. It's certainly something else. So anyway, quick little podcast this week. Just want to answer some of those questions about Ask Me Anything. I'm sure we'll do that more and more from time to time as people really want to know the answers to different questions, and I'm quite happy to share my thoughts on them. So thanks for joining me on this very quick episode of the podcast and we'll catch you next time with, I've got some very amazing guests coming up, so I really can't wait to share them with you.

Speaker 1 [\(34:17\)](#):

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