

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 ([00:44](#)):

Good day everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller, and this episode of the podcast, I'm going to talk about some books that have influenced me. I did a podcast earlier on in the first year of the podcast about books that have influenced me, and that was a long list of books and I've listened to a lot of books since then that I really would like to share with you guys because I've had a lot of feedback from people telling me how much they enjoyed looking into that list of books and how much reading some of those books have changed their lives like they did me. And so I'm going to do round two of that. But I got to tell you before that I am recording this podcast in a hotel room in beautiful Lexington, Kentucky. So I'm out here for the International Liberty Horse Festival.

([01:36](#)):

So my friend Dan James, he's the head of the International Liberty Horse Association, and oh here quite a while ago, he said, Hey, we're having this Liberty Festival, would you come out and present at it? And I'm like, sure, yeah, I'll come out and do a little demo, like whatever. And I agreed to do it, got the dates and yes, I'm going to be around. Then we agreed to do it. And oh, not long after that, maybe a couple of weeks, maybe a month or something after that, I saw posts on social media advertising this Liberty Horse Festival. So there's this big poster thing, international Liberty Horse Festival. And on across the very top in big letters, pat Pelli, Warwick Schiller, Dan James, and I called Dan up. I'm like, Hey, hey Dan, I don't feel very good about this. And he is like, why not?

([02:24](#)):

And I'm like, well, I don't do Liberty. I know bugger all about liberty, so I kind of feel bad having my name at the top of this bloody International Liberty Horse Festival promotional thing. I said, I don't want people to think that I'm pretending that I do liberty or something. He goes, no, no, you just come and do you come and do your deal. And I'm like, oh, okay. So in that case, I'm happy with it, but it still feels a little funny. But I'm out here, just flew in this afternoon and it's late October or mid-October and Lexington. The trees are absolutely amazing. Right now it's autumn here, or as the Americans would call it fall. And the leaves of all turns, all the trees are bright orange and bright red and bright, bright yellow, and it's absolutely beautiful. I was actually talking to a friend of mine the other day from Australia who lives in Texas.

([03:22](#)):

I was just visiting them and I said, I finally figured out why Australia doesn't call it fall because gum trees don't lose their leaves in the winter so the leaves don't fall off the trees, but a lot of the trees here in America do. And this friend of mine has lived in Europe quite a bit, and they said, well, we've lived in Europe, but they don't call it fall there either. And the trees, the leaves fall off the trees there. So yeah, I'm not really sure exactly why we call it fall. I mean Americans call it fall, but I think it's got something to do with the leaves falling off the trees. So yeah, let's get started on some books, round two of books that have influenced me.

([04:06](#)):

So the first book I want to talk about on the part two of books that have influenced me is a book called Illusions by Richard Buck. And the book itself influenced me in more ways than just reading the book, but I guess I'll tell you about the book, but the book, it's a story book. It's a bit like The Alchemist or the Celestine Prophecy or one of those. It's a book that makes you think about things. But it's a fiction book and it's a story that questions the reader's view of reality and it proposes that what we call reality's meal and illusion we create for Learning and enjoyment. It's quite an interesting book. But what was amazing about the whole how that book came to be in my hands was on a Wednesday, sometime last year, the year before, it was after I recorded the first podcast about books that have influenced me, but it was a Wednesday and somebody posted on my Facebook group and said, have you ever read a book called Illusions by Richard Buck?

[\(05:12\)](#):

And I said, no, haven't heard of it. And a few other people posted and commented and said, you probably should listen to it. So that was on a Wednesday and on Friday we got some packages in the mail and Robin said, oh, there's two packages for you. And they were both hand wrapped smallish sort of packages, and I opened one of them and it was a copy of Allusions by Richard Buck. So think about that. I've never heard of this book before. Wednesday, Friday, I get a copy in the mail and it was mailed before I ever heard of the book and shows up on Friday. So I thought, well, what's the odds of that? So I looked up on the internet as to how many books have ever been printed, and it says there's been 129.8 million books published since the invention of Gutenberg's Printing Press in 1440.

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And I thought, what are the odds of someone sending me a book before I've ever heard of it? And it arrives two days after I've heard of it. The odds there are quite big. But then, so I opened the other package, the other package came from England. The first package came from America. So the other package came from England and came quite a few. It was posted probably weeks earlier than the other one I opened up. And it is a copy of Illusions by Richard Bark. So I've had two books that I've never heard of two days previously arrive on the same day. It was just mind boggling the odds that I looked up. If there's 129 million books being published and someone decided to send me one and someone else decided to send me one, they are the same day. That's 129 million times 129 million. So the odds of that one in 16,000 million, which has probably got a technical term, I dunno what a trillion is, how many million a trillion is, but let's call it 16,000 gazillion or 16 gazillion.

[\(07:22\)](#):

But yeah, pretty amazing odds. It's one of those crazy things that's happened. And this is about books, but it's almost like that the podcast I did on how to manifest a car crash and other woowoo things. So that's a book if you haven't read it, pretty easy read for me. It just has more meaning because of the way I received the first copy of it. I book that I have read recent, probably recently, probably in the last year or so, is a book called Behave the Biology of Humans at Our Best and Our Worst. And it's a 2017 nonfiction book by Phil and Robert Polsky. It describes how various biological processes influence human behavior on scales ranging from less than a second before an action to thousands of years before. So he says that if someone, a scientist was investigating a human doing something, maybe a psychiatrist might look at what happened 10 seconds before. A nutritionist might look at what happened three hours before when they ate something.

[\(08:36\)](#):

Maybe a child psychologist might look at things that happened in their childhood that caused it to happen. An anthropologist might look at what happened 10,000 years ago. So it's a really fascinating book, really makes you think about why we do things. I think in the original podcast I talked about a

book called The 10 Types of Humans, and this one is really along the same lines. And someone actually gave me this book. I did a clinic, I know when I read the book, it was earlier this year, I did a clinic in Arizona this year and at the end of the clinic I've got the table set up that my helpers check people in at. And when I was packing the table up at the end, they said, oh, someone left this book here for you. So whoever left the book there is listening to this, thank you very much.

[\(09:28\)](#):

It's an amazing book. And one of my podcast guests and a friend of ours, Beth and Stand, she. And so she's a equine assisted therapist that she gave me her book just before I did the podcast with her. And I said to her, oh, I'm really sorry that I haven't read your book yet because I've been reading this other really cool book called Behave the Biology of Human did our Best and Our Worst. And I think she said, who's that by? And I said, by Robert Polsky. And she said, oh yeah, he's the guy that wrote Why Zebras Don't Get Ulcers. And she had actually spent some time with this guy like at a course or something or other. But that book, why Zebras Don't Get Ulcers Basically had to do, I believe from what I know with how the autonomic nervous system works in nature, domesticated horses will get ulcers because we do things with 'em that they weren't evolved to do.

[\(10:28\)](#):

Whereas the Zebras and the wild only do what they evolved to do so they don't get ulcers. The next book, oh my God, this is such a good book, and this is probably the only one of the few fiction books that I've got in either of these podcasts, but it's called Shanter Ram by Gregory David Roberts, and it's almost autobiographical. Gregory David Roberts was a guy who ended up in Australia. He became a heroin addict and was in Pentridge jail. So if anybody from Australia would've heard of Pentridge, which is a famous old granite jail in Melbourne, and he escaped from Pentridge, I think he escaped twice, he escaped once they put him back in, but he escaped and eventually fled to India where he lived in the slums. And I think he was a paramedic before he became a heroin addict. And so had these doctoring skills and lived in the slums of Mumbai, Bombay, we would call it, and started a bit of a doctor clinic there helping people, but he ended up getting involved with the underworld, they're the Indian mafia or whatever it is, and lived a crazy, crazy life and it's probably all true, but he couldn't write it as a true story because he'd be in trouble.

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He did some very bad things. But the way this guy writes it is so poetic and is he will write a sentence and you'll stop and stare at the wall for a while. Some of the things, that's the way this guy writes. It's the most amazing writing. And if you are a fan of Sons of Anarchy, the TV series, sons of Anarchy, the guy who played Jack's teller, there you go. The guy who played Jack's Teller, whose name is Charlie Hoon, I think his name is Apple tv, has just created a series on Shanter arm and Charlie Hunin plays main character Lynn. And yeah, I just found it the other day. I just saw, I read somewhere that they were releasing this series and I started watching it and it's so cool to see, did the TV show after you've read the book, because you really get a visual of what things look like, what the slums look like, what that cafe looked like, that they always talked about going to.

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And I love historical fiction or fiction that really paints a picture of another time or another place. And I remember years ago we listened, this is when you get books on tape, not on, oh, they might've been on CD by then, but Robin and I drove to a horse show in Oklahoma City from California, and that's 27 hours drive. So we'd drive 12 hours the first day to where we would, we go to Flagstaff, Arizona, that's a 12 hour drive. And the next day we drive 10 hours to Amarillo, Texas, and that's about five hours from Amarillo, Texas into Oklahoma City. And we listened to Memoirs of a Geisha on that trip. That's a really

good novel too. But the Memoriz of a Geisha, the audio book goes for 30 something hours. So we didn't even get through the whole book from California to Oklahoma.

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And it's funny, we got there and we're setting up and I was setting up the stalls and I said to Robin, oh, can I get you to run to the hardware store and grab me this and I need some staples for the staple gun to put the curtains up and something else. Anyway, so she gets in the truck and goes down the hardware store and when she comes back she goes, oh, you wouldn't believe what happened in Memoir of Ation. I'm like, what? You've been cheating on me. You've been listening to that thing without me. But anyway, about Memoirs of a Geisha, when we watched the movie, which was after we read the book, it was so cool to watch the movie and see what those Japanese houses look like and what the costumes look like and the little traditions like the geishas when they pour tea, they're supposed to only show half an inch of their wrist or just all this stuff.

[\(14:45\)](#):

And it was just very, very cool to watch that. And Shanter arm is watching the Shanter arm. It's so good after reading the book. But to give you an idea of what Shanter arm is like, I'm going to read you the first paragraph of this book. This is how the book opens chapter one. Paragraph one says, it took me a long time and most of the world to learn what I know about love and hate and the choices we make, but the heart of it came to me in an instant while I was chained to a wall and being tortured, I realized somehow through the screaming of my mind, even in that shackled bloody helplessness, I was still free to hate the men who were torturing me or to forgive them. It doesn't sound like much I know, but in the flinch and the bite of the chain when it's all you've got, that freedom is a universe of possibility. And the choice you make between hating and forgiving can become the story of your life.

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That's some pretty heavy stuff right there. But that's, so that's the very first paragraph. And if you've listened to that, you're probably going to stop and stare at the wall for a minute. The choice between hating, what did he say? The choice between hating and forgiving these people who are torturing him and the choice you make between having and forgiving can become the story of your life. So it's really about, if you think about the journey I'm on, and possibly you guys are on listening to this podcast too, is he's starting to change the way you look at things and the choices you make, whether you think dark thoughts or light thoughts or whatever. But yeah, that first paragraph there, that's a hum ding as you might say. So yeah, that's amazing book. He also has another book that follows on from that called Mountain Shadow.

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And both of these books are very, very fat books. I was in LA recently, a few months ago now, and I visited Dr. Will Sue who was on the podcast. He lives at Venice Beach, and I was doing a clinic in LA on the Saturday, Sunday, and I was flying into LA at about midday and I asked him what he was doing. He was free all afternoon, so I went over and visited him and we went for a walk around Venice Beach, which is a very interesting place to see. And then we were in his house and I looked on the bookshelf and there was a copy of Shanter arm sitting on the bookshelf. And I said, have you read that book? And he goes, oh, I'm listening to it on audiobook right now. And he showed me on his phone, and it's 30, I think it's 35 or 37 hours long.

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It's a big book, but it's a great story. And you could almost, if you wanted to, you could just speed read it, like rush through it and get, because the plot is great, but it's one of those books you shouldn't do

that. You should sit and read every word because like I said, that first paragraph was just something else. Anyway, next book I want to talk about is a book called *Breath* by James Nestor. And I had a lot of people recommend me this book for a long time, and I'm thinking, I don't really need to book read a book on breath. I dunno, the title just didn't do it for me, whatever. But it was one of those books that when I started reading and I'm like, oh my God, why haven't I read this book before? So it talks about the importance of how you breathe.

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And the guy that wrote the book, James Nestor, he had some sort of a surgery done where it plugged his nasal passages and his blood pressure went up 13 points in a matter of weeks after having this surgery done that plugged his blood pressure. Well, James Nestor wrote a book called, called, I forget what it's called, but he was a reporter who wrote for major magazines and he got asked to go to the Maldives or somewhere like that and report on the World Free Diving Championships. And he saw these guys, how they learned to hold their breath and kind of got into that and then ended up taking this full on dive into how important the breath is. And if you listen to Robin's podcast, my wife Robin's podcast on the ice bath, she talked a little bit about this in there and when she read the book *Breath*, because she's like that, she read the book, she this book, and then she became certified in coaching, breathing.

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But here's a bit of a summary from the book. It says, here are the three most insightful lessons about breathing from the book. One, it's much healthier to breathe out your nose than your mouth. Number two, breathing slow and shallow can have impressive health benefits. And three, in the West we have a lot to learn about breathing and health. And these is like a summary I got on a line from the book, but it said, lesson one, start breathing out of your nose to unlock natural health benefits. And then it talks about, it says that Nestor after a surgery that temporarily plugged his nasal passages, he experienced a blood pressure increase of 13 points in a matter of weeks. Not only was he more at risk for stroke, but he also had a faster pulse and felt terrible. And this is an example of what something is seemingly innocent as breathing out of his mouth can do.

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Estimates say that half of us breathe through our mouths, and there are many reasons for this, such as medical conditions or pollution, but did you know that breathing through your nose filters, heats and moistens the air you breathe? What's more? It releases chemicals that regulate your heartbeat and lower your blood pressure. Scientists have learned that excessive mouth breathing actually alters the shape of your face. And they say if you breathe through your mouth, it narrows your dental arch. And when I read that in that book, things in my head started ticking over like, well, that makes sense because when I was young, I had a tooth, a top tooth that was squeezed out because my teeth wouldn't fit in and my bottom teeth kind of sit up a little bit behind my top teeth. They don't meet, sit in slightly behind them. Well, my bottom teeth pushed that top tooth back even further.

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So I had a gap in my top teeth and then they've got, it was like a fang, it was ugly. It wasn't much fun growing up with a mouth that looked like that. But anyway, I never thought anything of it. I eventually had that tooth pulled out and then had some crowns, made the teeth kind of wider to fill in the gap and all that stuff. But when I read this in that book, I'm like, oh my goodness, I had pneumonia a lot when I was a child. And when you have pneumonia and your nose is all stuffed up, you can only breathe through your mouth. So quite possibly my pneumonia and my mouth breathing as a child is what caused those teeth to grow like that because my dental arch was too narrow. So that's just one of the things that, it's a fascinating book.

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It's one of those books that when he says Food only goes in your mouth, that's it. Food and drink only, you do not breathe through your mouth. It says here in this summary lesson number two, you can receive unexpected health benefits just from slowing down your breathing. Unlocking health balance from breathing can be as easy as just breathing a little slower. You don't even have to breathe very deep breaths. Science says that shallow breaths 5.5 seconds in and 5.5 seconds out are the best. When we get down to the molecular level, we see why this is when we breathe, we take in oxygen that attach itself to red blood cells. Now these oxygen molecules travel through the body and are used by our cells in exchange for carbon dioxide. The carbon dioxide is then released from the body when we exhale, but carbon dioxide is more than just a waste product.

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It helps oxygen separate from blood cells and plays a role in signaling the blood vessels to dilate, which means they can transport more blood. This means when we breathe heavily, we release more carbon dioxide, which reduces blood flow. This is why hyperventilating and exercise can make you feel lightheaded. If you've ever hyperventilated, you can feel lightheaded. Breathing slowly will help maintain your blood carbon dioxide levels, which is more efficient. And there's whole chapters on, especially about the free divers when they kind of do this hyperventilated breathing before they go in. They're not increasing their oxygen levels, the increase in their carbon dioxide levels, I think. Yeah, fascinating book. And then it says lesson three, I learned from the book Ancient Eastern cultures have been practicing breathing techniques for millennia, but western culture still mostly ignores the importance of breathing. Recently, there've been people embracing the power of mindful breathing in the west, but western society as a whole is still very much behind. A lot of medical community doesn't take it seriously. And that's what James Nester found too, going to doctors, they were like, yeah, you don't have to worry about that because that's not part of western medicine. So they don't actually teach that medical school elsewhere in the world. Ancient traditions have made wisdom about breathing common knowledge. Some examples of this are Swami Rama and practitioners of TMO breathing, TMO breathing.

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I think what Wim Hof does, so if Wim Hof the iceman, I think he does a version of tumor breathing and I think maybe the free dives do a version of tumor breathing. But if you think about Wim Hof, Wim Hof does this. So he does the ice baths and he does this certain breathing technique. And Wim Hof, he has well holds the world record for the longest immersion in ice, which was over two hours. And when he came out, his core body temperature was the same as it was when he went in. He holds the world's world record for the longest. Under ice swim at the North Pole, I climbed Mount Kilimanjaro in maybe Mount Everest, maybe in shorts, no shirt, no breathing apparatus, ran a marathon in Death Valley in the middle of summer without drinking any water and didn't suffer any effects.

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And so they always thought this Wim Hof was a bit of a genetic anomaly. They said, because these universities got him in, tested in, and they injected him with a virus or a bacteria, I forget which one it was, but it'll make you very sick for a while. You'll have flu-like symptoms and things like that, and you'll have the sweats and the shakes and all that. And they injected under laboratory conditions, they injected Wim Hof with these things and it didn't affect him at all. And they thought that it's a genetic anomaly. But then he got his top 20 instructors of his breathing practices and the ice baths and stuff like that. And the university did the same thing to all of them. And for the most part, none of those guys had

the effects either. So there's a lot to that. It goes on to say here in this summary, in ancient Indian culture, there's something known as prana.

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And in China it's known as Qi. And both of these things, the same idea of energy swirling around everything in the universe and it's most concentrated around things that are alive. And they believe if you want to stay healthy, you need to maintain prana through traditional practices. And this is where we get acupuncture and yoga as they were developed, as ways to keep prana flowing steadily. But the most powerful way of it all is to simply breathe it in. It says the ancient practice of yoga as described in the yogi sutures of 500 BC describes a yoga practice with very little movement. Surprisingly, it was more about keeping still and building prana through breathing. It's all about building up prana gradually over many years with how fundamental this knowledge is in many Eastern cultures, it's surprising that modern science caress little about something as important as breathing as we advance in healthcare.

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We haven't advanced in breathing technique, which is a shame because Nesta teaches that it can do everything from alter body temperature, heart rate, and blood pressure to aid in fighting infection. So that book is, I think that's a pretty important book to read for anybody really. It's a great read. It's a fascinating read, and it's one of those books that you will not look at the world the same again. I know. So you're supposed to breathe through your nose and you're supposed to breathe into your belly first and then let it rise up into your chest. And when you breathe out, your chest is supposed to fall. But when you mouth breathe, a lot of times, well, I'm not sure if the mouth breathing and the belly breathing or the non belly breathing related, but years ago, Rob and I were in a yoga session somewhere and they basically just had us focus on breathing into our bellies.

[\(28:12\)](#):

And you're supposed to breathe into your belly first, and like I said, fill your chest up. But I think if you can nose, breathe and breathe into your belly, I think it can help you a great deal. But anyway, one of my great recommendations that book *Breath* by James Nestor. So the next book I want to talk about is written by an author who was part of a book that I talked about in the first books that have influenced me podcast, one of my favorite books I've ever read, which was called *Stealing Fire*. And it was by Steven Kotler and Jamie Wheel. Steven Kotler is the guy that also wrote *The Rise of Superman*. But this book by Jamie Wheel is called *Recapture the Rapture*. And it's basically, oh, how do I put this? It's basically saying we've lost a lot of meaning in our life and the way modern society, we've lost meaning in our life.

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And he says there's three steps to get meaning back in our lives. And there's three things that he calls Extasis, catharsis and communa, and I'll talk about what each one of those is. So extasis is, it's about inspiration. He says, inspiration serves as an essential counterweight to life's crushing. Life's a bitch and then you die. Monotony of existence. Packs of maca monkeys have been observed overlooking food fighting and fornicating to gaze in an especially gorgeous sunset over the Savannah. People who experienced reliable access to peak states, peak states report having greater overall life satisfaction than those who don't. And he says, it's not just a fleeting inspiration that happens in these peak states. Insight, pattern recognition and lateral connections all spike. When the neurophysiology of extasis comes online, we find ourselves less distracted, more attentive, and more inventive in these states. Extasis also called flow, and that relates back to he wrote this.

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So if you listen to the first podcast about that book *Stealing Fire*, it was about altered states of consciousness and one of those altered states. So you can get altered states of consciousness through meditation, prayer. You can get it through psychedelics substances, but you can also get it through life-threatening things. I talked about Alex Honnold, the rock climber, the first guy that free soloed El Capitan in Yosemite, you can get all those states that flow state from different from things. Anyway, so execs also called the flow state can come from meditation, dancing, or snowboarding down a mountain. The practice is different, but the inner experience is similar. And so that's one of the ways we get meaning back in our life. The other one of the others, catharsis, which is healing, he says that's the second nutrient we all need. He said the world, oh no, he quotes hemmingway here, the world breaks.

[\(31:14\)](#):

Everyone says hemmingway. And afterwards many are strong at the broken places, but those that will not break, it kills. We all suffer. Micro P T S D nearly all the time, having a way to digest our grief rather than choke on it is essential. As Bessa VanDerKolk writes in his brilliant book, *The Body really does keep the score*. So that's what it says in this. He talks about in the book, well, Bessel VanDerKolk's book, *The Body Keeps the Score* was one of the books I talked about in the very first podcast about books that have influenced me. So this summary goes on to say whether it's the absolution of Catholic confession, the ritual forgiveness of Jewish Yom Kippur, or the cathartic suffering of the Lakota Sundance ceremony. Religion has always provided ways for us to mend and atone. So if you dunno what the Lakota Sundance ceremony is, oh my goodness, people subject themselves to this.

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I'll give you the version I know of. If there's any Lakota listening and I get it wrong, please forgive me. But they have a pole and there's these ropes attached to it. They might be raw hide strips, I'm not sure. But there's something like a rope attached to it. And you stand back from the pole and they take a sharp stick and they pierce, they take a chunk of your chest muscle and they shove this stick through your chest muscle and out the other side. And then they attach the rope to it, so it pulls on it and you've got two of 'em there. So the rope comes down and splits off, and there's one on either side of you. And what you do is you lean back against that and just stay there leaning back against that until it rips through your chest muscle.

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If you go on Google and look up Lakota Sundance photos or Lakota Sundance scar photos, there's pictures of people who have done this. And it's apparently a very cathartic healing experience for someone who's not crazy about pain. I imagine it's the world's biggest ice bath. You know what I mean? It's the world's biggest discomfort or a pretty big discomfort that you're actually subjecting yourself to. Yeah, pretty crazy, crazy as in far out, not crazy as in these people are crazy. But yeah, pretty interesting thing to do. And so the third thing he says, to get meaning back in your life is *communitas*, which is connection. Funnily enough, here we are. I'm always on about connection. He says in this thing, religions connect people to a community. In his book *Together*, the former US Surgeon General writes, we have evolved to participate in community to forge lasting bonds with others to help one another and to share life experiences.

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We are simply better together. The technical term for this type of togetherness, the profound and healing kind is what anthropologist Victor Turner calls *communitas*. It means a merging with the collective that transcends our personal separation. It could be called collective joy. And these experiences happen when individual decision-making merges with a collective intelligence that experiences up to three times as rewarding as an isolated peak experience. So here in a couple of weeks,

we're going to have the journey on Podcast Summit in San Antonio. And I'm, I'm so excited about what that's going to be like because if you know the people who are coming to that to present, and then of course there's all the people who are coming, there's going to be about 250 people there who are all heading down the same rabbit hole. And I just can't imagine this collective joy as it says in this thing here, the collective joy that will be there.

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So the summit's sold out, but we have an online, we're going to live stream it, which will be available to view live streamed in real time. And then when you get the live stream, you can watch it back later on. So whether or not you can listen to it in real time or not, if you sign up for that live stream, you'll be able to watch it back later on. So then this book goes on to talk about the technologies of transcendence. It says, let's get practical. Five of the most potent and accessible physical to shape, consciousness and culture help us build what he calls meaning 3.0. So he talked about 1.0, meaning 2.0, which are practices we've had in the past that have failed us. So he said, the things that we can do are one, respiration breath work can shift our physical and psychological states.

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And funnily enough, I have just finished talking about the breath book by James Nestor Embodiment. So respiration is the first one. Embodiment is the second one. It says, our parasympathetic and sympathetic nervous systems play a huge role in our health, wellbeing and stress resilience. So embodiment would be getting back in your body and getting your nervous system regulated and working well. The third one is sexuality. If we don't procreate, we die. So there are tons of neurochemical drivers baked into a system to ensure we don't die, we continue of the species. So there's a lot of neurochemical drivers baked into sex substances, humans and most other animals routinely seek to shift states as part of their learning, growing and mending. And so it's interesting, I had Dr. Will Sue on the podcast who is a psychedelic assisted therapist and appeared on Gwyneth Paltrow's Goop lab episode about psychedelics as the expert on there.

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And different books I've read on psychedelics and from an anthropological perspective have talked about how dolphins will bump into puffer fish and make them spit this stuff out that makes the dolphins hide. It talks about monkeys that eat certain things to get 'em into altered states. And yeah, it's just interesting that it's hardwired into us. And then the other one, it says, music can amplify any of the other experiences from ancient chance to cathedrals, to chain gangs, to concerts. Music has accompanied on the journey of human civilization. It says virtually all society. And this is really interesting, virtually all societies strictly channel access to these techniques of ecstasy into approved forms. And if you remember in the book that Jamie Wheel wrote in with Steven Cotler, the one I read in the first podcast called Stealing Fire. In there he talked about the pale of the church and the pale of the state, how the state or the church tries to control what techniques of ecstasy we can and can't do you know what I mean?

[\(38:23\)](#):

And it says virtually all societies strictly channel access into these techniques of ecstasy into approved forms. You can only have sex for procreation, but not recreation intoxication for stress relief, but not epiphany. So you can, like when I had Dr. Will Sue on the podcast and he talked about, they documented the absolute amazing benefits of M D M A assisted therapy before M D M A turned into ecstasy. It's the same compound, but before it was sold on the street widespread as ecstasy. It was actually used in therapy. And there's so much information on how good that was, but it's a schedule one drug in the US and a Schedule one drug is something that has no proven medical benefits and is addictive. And M D M

A has a lot of proven medical benefits like documented years and years, documented benefits, and it's not addictive, but alcohol and nicotine, which are both addictive and have no proven medical benefits are legal.

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

And so that's what this thinks of. Virtual society strictly access to these techniques of ecstasy into approved forms, intoxication for stress relief, but not epiphany. So that would be smoking and drinking for stress relief, but not, you can't have like say M D A for epiphany or for personal growth or for healing trauma and stuff like that. And then it says, and the last one is music to reinforce order like army marches or church hymns, but not forever really like Elvis and the Grateful Dead. If anybody's watched that new Elvis movie that came out about how he was almost public enemy number one back then because back when Elvis first came out, the government was against him because he was gyrating his hips in a lewd lascivious way.

[\(40:32\)](#):

That's bad. So yeah. Anyway, I've ran on enough about that book. But yeah, fascinating book. As I researched the summary for it, I'm thinking, you know what? There's so much that book, I need to go back and listen to it again. So the first time I did this podcast, books that have influenced me, there was probably 30 something books in there, and I think people still have not caught up with those books from then. So I might stop this right now. I've got plenty of other books on my list, but what I might do is space these things out so people have got a bit of a time to catch up. If there's a book or two or three or four that interests them a great deal. If you've decided you want to read a great novel that Shanter around novel, that'll keep you going for quite a long time. Like I said, it's about four inches thick, but yeah, amazing novel. Probably one of my favorite novels I've ever read. But anyway, I'm going to finish up here with you guys and let you guys get started on trying to find one of these books to read. Thank you so much for listening and interested in these books, and we'll catch you on the next episode of The Journey on podcast.

Speaker 1 [\(41:47\)](#):

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