

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

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

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

Good day, everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller, and on today's episode, I'm going to have a chat to a friend of mine named Grace Keaton. Grace does craniosacral and osteopathy work on horses, and if you've listened to an earlier podcast episode with a lovely lady named Shay Stewart, who was also a craniosacral worker on horses, you'd be aware that in order to do craniosacral work, you have to have a level of, ooh, what would you say? A level of self-awareness, a level of intuition, a level of feel and a level. I don't know. I think you have to have senses that, well, the ability to tune into senses that most people cannot tune into. I think we may be all blessed with these senses, but conditioning and cultural conditioning and society and everything basically might dull those senses a bit. And so anybody who does that to me is someone worth chatting to, and especially for the Journey on podcast to figure out with Grace how she got to this point and how she developed the feel and intuition to be able to do this work. And listening to Grace's story, it's like, okay, that's why. Yep. Got it now. So anyway, this is my friend Grace Keaton, and I hope you guys enjoyed this conversation as much as I did.

([00:02:21](#)):

Grace Keaton, welcome to the Journey on podcast.

Grace Keaton ([00:02:23](#)):

Thank You. I'm excited.

Warwick Schiller ([00:02:25](#)):

I'm excited to have you. This is going to be fun. I know you are. One of those people has a really pretty cool story to tell, I think. But first we probably should talk about how we met. So we met last year in 2021 at the Best Horse Practice Summit in Lexington, Kentucky. You know what? I had to stop there for a second, like 2021 now that sounds like the, no, no, it's not. It actually 21 a thing it at the Best Horse Practice Summit in Lexington, Kentucky, and it was pretty cool. So we're having our Journey on Podcast Summit this year to where we're going to have 22 of the presenters from the first year of the podcast or presenting over three days in San Antonio, Texas in, I guess it's November.

Grace Keaton ([00:03:22](#)):

It sounds like it's going to be incredible.

Warwick Schiller ([00:03:24](#)):

Yeah, it's going to be amazing. But it was a little bit like that because the people that are going to be there, not just the presenters, but the people are going to be there all of a certain mindset. And it's not often that you get to be around that many people of that mindset. You have your puppets of 'em here and there, but having a group of them, and so I thought the Best Horse Practice Summit was a very similar type atmosphere to everybody was because that Best Horse Practice Summit is about a lot of

presenters is about busting myths. They had Dr. Sherry King there and she busts myths about all sorts of things. They had a guy there. This was really interesting, wasn't it? There was a guy there from the University of Kentucky, they ever heard of horses that they have not wormed these horses for 15 years or something or other. Yeah. Do you remember that guy?

Grace Keeton ([00:04:17](#)):

I do. He was fascinating. I mean, everybody was, but I mean, it's just so interesting to hear all of these different takes on things that you take it as rules in the horse world. It's just how it's always been done. So it's like to have all these people who are actually, it has, but it doesn't have to be done that way. It's really inspiring.

Warwick Schiller ([00:04:41](#)):

Actually, science says something completely different, and I was a presenter there, but I wasn't presenting horse information. I'd actually been asked by Maddie Butcher who heads the whole thing to be the keynote speaker for the dinner. They have a dinner on the Saturday night, and I was the keynote speaker afterwards, and she kind of wanted me to share my story. And part of it was I had a, what do you call that thing when you do stuff on the computer and you put it up on a screen, not a slideshow a oh,

Grace Keeton ([00:05:21](#)):

A PowerPoint

Warwick Schiller ([00:05:22](#)):

Power. Thank you very much. I had to do a PowerPoint. I had to do a PowerPoint presentation along with this thing, and I can talk a lot, but as long as I have no parameters on when I got to stop and when I got to start and I had to try to time it with this PowerPoint thing, and I actually had a panic attack right before I had to go on. Did

Grace Keeton ([00:05:43](#)):

You really?

Warwick Schiller ([00:05:45](#)):

Oh yeah. Yeah. I was losing my shit. And part of it was worried about this bloody PowerPoint thing. But the other part of it was I was sharing my story to a room full of people and it was going to be pretty raw and real. And as I'm unraveling my stuff, I know underneath there somewhere underneath my stoic exterior is someone with a great deal of anxiety and a great deal of emotions. One of the fears I have is that stuff unraveling at the wrong time. And I kind of was worried about what if halfway through this thing is when it all hits me and I just start bawling my eyes out. And so I was having a panic attack about half an hour before it. And because of Robin's panic attacks, I know some techniques to do some things. I called her, she talked me through some stuff. There was some people there that someone had me go outside and ground myself on the grass, and then I had my muse. So I did a little muse meditation and it all kind of worked out. But anyway, yeah, enough about me. That's kind of how we met.

Grace Keeton ([00:07:06](#)):

Well, and I just am so thankful for how gracious you were because it was super, I was so awkward when I introduced myself to you. It was one of those things where I'm like, oh, it was almost like an out-of-body experience to where I could feel how uncomfortable at least I was. I don't know if you were uncomfortable, but it was one of those things where you were so bombarded the whole weekend and it was just a quiet moment and all of a sudden I just had to go for it. I knew that it was kind of an hour and ever kind of a thing, and then I marched up there to introduce myself to you, and that was all I could say is I think I said, I just really feel like I need to meet you, and I told you what my name was, and then I had nothing. And it wasn't exactly what I pictured in my head of how I would've liked that to have gone, but you were just so kind and you held in there, which is great. And then we were able to chat more.

Warwick Schiller ([00:08:11](#)):

You're like baby in dirty dancing where she said, I carried a watermelon. And I have those things too. I get those things meeting people and so don't feel bad about it. And all it really is in our own minds, we pump somebody else up to be something different than us,

Grace Keeton ([00:08:41](#)):

And we're really just people.

Warwick Schiller ([00:08:43](#)):

And for me, it's really, I mean, that happens quite a bit when in situations like that, and it used to be really weird. I used to feel really weird in that, and I'm talking about the situation of you walking up to me and you kind of getting a bit stuck. I kind of used to feel really weird in those situations, but I understand that I have those things in situations where I meet people that I've built up to be something that they're not sort of thing. And so I totally understand it. It's like, yeah, I get it. I get it. It's still weird when it happens to me because I'm just me and whatever, which is why

Grace Keeton ([00:09:29](#)):

People love you so much too, that you can maintain that I'm just a person. It's refreshing that you find it weird when people get kind of starstruck, I think.

Warwick Schiller ([00:09:42](#)):

Yeah. But when you talk to people who people get starstruck around, everybody finds it weird. I mean, for the most part. But I've talked to kind of weird. But anyway, yeah, that's how we met. And we met there and we had a chat and you told me what you did, and then how did we end up hooking up out here? Oh, you were going to, well, actually, let's babbling away. Why don't you tell us what you do and then we'll get into the next part of it. So what is it you do?

Grace Keeton ([00:10:14](#)):

I do equine body work and energy work. My specific training is in craniosacral therapy and functional indirect osteopathic techniques, which boiled down is just that I've been able to learn how to feel the rhythm in the body and all the different systems and then find where they're lacking and help the body restore them.

Warwick Schiller ([00:10:36](#)):

That's a very succinct explanation of something that is unexplainable. So we met there and you told me you did that and then you must have posted on Facebook something that you were coming out to California to do some further education in that. And I think I had said, would you like to come and work on your horses? Is that how that went down?

Grace Keeton ([00:10:57](#)):

I think I actually messaged you because I wanted to know if you were going to be teaching anywhere while I was out here or out there. And then that was your reply was, well, no, but I'd love to have you out to work on my horses, which was another kind of surreal moment.

Warwick Schiller ([00:11:15](#)):

And so I had Shaa Stewart on the podcast, so she's going to be one of the presenters at the podcast summit in San Antonio, and she probably is the first person I talked to that does craniosacral work that I really had a conversation with about what craniosacral work was. And so she kind of made me realized, oh, I think anybody who does craniosacral work, it's not like, okay, I'm going to go from doing nothing to cranio SoCal work. It doesn't work that way. There's got to be a progression to lead up to it because is so, I don't know. Woo is the word. So you said something there a minute ago about getting in tune with the rhythms of, I want to really unpack this thing because there's a lot to it. Sure. So can you kind of explain how that works?

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

Yeah. So with the craniosacral therapy, I'm feeling the tide that's created by the cerebrospinal fluid as it gets pumped throughout the body and back up into the brain. And the osteopathy techniques that I've learned are really very similar, but instead of dealing just with the spinal fluid in that system and the craniosacral system, I'm feeling for specific veins or arteries or nerves or organs or fascia. So you can learn how to tap any one of those things. And I think that's why they go so well together because it's the same concept. You're just setting your intention somewhere different,

Warwick Schiller ([00:12:57](#)):

Setting your intention somewhere different. So let's unpack this a little bit. You can feel the rhythm of the What's the fluid?

Grace Keeton ([00:13:11](#)):

The cerebral spinal fluid,

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

The cerebral spinal fluid. Okay. So tell us about this rhythm. Where does this rhythm come from? Why does it have a rhythm? What does the rhythm do?

Grace Keeton ([00:13:22](#)):

So the job of the craniosacral system is to bathe and maintain and clean and take care of the whole central nervous system, basically. So it's kind of a regulator in a way. And I believe it's, see, I have to think about this. It's produced in, I think the fourth ventricle of the brain, and then it gets pumped out. So it's a semi-closed hydraulic system, basically. So it gets pumped out across the body and then it comes back. Ideally all throughout the whole spinal cord, it should feel really abundant and really clear.

But in a lot of horses and people, it's not. So my job is to go in and feel where those spots are, that things, it's kind of like a kink in a garden hose. So to find those and then help the body unwind them so that it can function properly.

Warwick Schiller ([00:14:22](#)):

So what I really want to unpack, I don't want to really want to get into how to do, what do. The thing I want to unpack is you have got to the point in your life where you can feel that. Okay. And so what I want to unravel is how does one get to that point? Let's talk about how you ended up doing this cardio sacral and osteopathy with horses. Because like I said a minute ago, this is not going to be your first port of call. It's not like I'm going to go, yes, I can feel these minute things.

Grace Keeton ([00:14:57](#)):

Well, I learned about this work from having it done on myself. I had gotten myself hurt back in 2019, and that brought me to a little tiny, tiny lady named Carol Ano, who was 84 at the time, and just this teeny tiny lady, but a total badass. She had gone to several Olympic games working on athletes. I mean, you talk about a lady that should have a book. She's one of 'em. And she's actually the one who taught me how to feel the craniosacral rhythm. So as I started to heal, it was just so tremendously helpful. I started to feel better, and then these sessions sort of became lessons. So she was able to help me learn how to feel that on myself. I mean, because you can feel your own craniosacral rhythm. And by the end of it, she was like, I don't know horses, but you should figure out how to do this for them. I bet it would be really helpful. And sort of sent me down my own rabbit hole of finding somebody who teaches that.

Warwick Schiller ([00:16:05](#)):

So did you have a horse riding accident? Is that what it was?

Grace Keeton ([00:16:08](#)):

I did, yeah. Yeah. So I was one of the millions of girls who grew up thinking I'd be a horse trainer. I knew that I wanted to work in the horse industry somehow I knew I didn't want to be a vet. And I always have loved horses. I'm the only horse person in my family. So I don't know quite where it came from, but I grew up riding in a little hunter jumper small town program, and then got to where other people wanted me to work with their horses, and it just kind of grew from there. And then I learned about Brandman and really liked his work. And so I followed him for a long time, and then I decided, oh, I'm going to be a cult starter. It's got to be so easy. And so I started a few, and this one horse who really, I mean, I give him a lot of credit for getting me where I am. It's something that I'm thankful for. But he was boarded already at this facility that I was training out of, and he already had a reputation around the barn being kind of an asshole. He was just a curmudgeon. He was a grumpy horse. And looking back, it was

Warwick Schiller ([00:17:28](#)):

Curmudgeon. That is a word that we don't use enough these days. Curmudgeon. That's a great word.

Grace Keeton ([00:17:34](#)):

His picture would be right next to it in the dictionary, I think. And I was always drawn to the unlovable horses. I mean, that was always my thing was I've never had to shop for a horse for myself. I just always want the ones that other people don't. And he's a horse that is the epitome of the horses that need

what it is they do. And I've actually since gotten to work on him as a bodywork client, which is a cool kind of full circle thing. But he just had a lot going on. He had a lot going on physically. He had a lot going on energetically. And these were things that I could feel, but I couldn't place them. I didn't know what it was that I would get sort of distracted by. And he took really good care of me actually in his own.

Warwick Schiller ([00:18:30](#)):

Can we back up a second? Of

Grace Keeton ([00:18:31](#)):

Course. Yeah.

Warwick Schiller ([00:18:33](#)):

When you said, these are things I could feel, do you want to unravel that a bit? What could you feel? Was it For me, my intuition's always been in my head. And so for me feeling something would actually be thinking something, quantifying something. Oh, I noticed he did this. When I do this and this happens here, and all that dot the i's crossed, the T's. All that left brain stuff was because when you say I felt, I translate that into, I thought I quantified, I noticed. And that's the way I put when you say I felt, I think, oh, you noticed. But did you notice or did you feel in your body? Was it a somatic thing?

Grace Keeton ([00:19:25](#)):

I would say it was more somatic, and it wasn't just with him. It was something that I've always noticed in myself that I could feel those things. I didn't know what to do with them because as far as I knew, there wasn't really room for that in the horse training world. So it was something that I would allow it to be enough to slow me down in my process if I felt those things. But I didn't know how to bridge the gap. So I had these things that I would feel, and I had this job that I had to do.

Warwick Schiller ([00:20:05](#)):

So, okay. You're still jumping ahead though. I want to go back to what were you feeling? Did you left big toe tingle? Did you ear tingle? What did you feel? Oh,

Grace Keeton ([00:20:20](#)):

It's so hard to explain it because then I have to think about it. And when I think about it, I can't feel it.

Warwick Schiller ([00:20:27](#)):

See, that's my problem is I think so much that blocks out the feel.

Grace Keeton ([00:20:33](#)):

And I think they were just sort of these intuitive hits of, I think there's something there, but I don't know what it is. So we'll just proceed with caution.

Warwick Schiller ([00:20:45](#)):

So we can't quantify this field thing, but I'm going to try to get you to, would you say it was somewhere in your torso?

Grace Keeton ([00:20:52](#)):

I would say, yeah.

Warwick Schiller ([00:20:54](#)):

Okay. So it's like in your heart, gut somewhere,

Grace Keeton ([00:20:58](#)):

Something rang a bell to where I'm like, oh, there's something going on there. And for as much of a curmudgeon as he was, he was expressive enough. And I was cautious enough that I had kept myself out of trouble with him until, so one of the things in him that I noticed was he was really uneven in his hind end, and his right hind especially just didn't always want to cooperate. And so I had suggested to his owner who was super willing to do anything to help him. I said, well, why don't you have a chiropractor out? And so she did, and I gave him two or three days off from being ridden, which normally wouldn't be a big deal for him. I mean, he's one that was really smart and would hold onto things really well. So as long as they were good things, you were golden. And I had been on him then. It was probably only his 10th ride, and I had been on him for probably 20 minutes just walking and trotting. His body was just not in a balanced enough place to canter. So we were going around, I was going to the right, which was his harder way. And I thought, all right, I just want to do one more little trot. Those are famous last words.

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

And then the screws kind of all came loose. And in my gut feeling is that whatever had been put back in place came back out. And there's no way to quantify that either. I'm just not a believer in the whole, all of a sudden, out of nowhere, they had this fit. But I felt that we were both surprised by it. And so I came off like a lawn dart. I mean, I was gaining speed into the earth and nothing was broken, but I just was pretty banged up. I was out of commission for a good eight weeks or so. Oh, wow. So in that time, I was able to do groundwork, and I had known a little bit about Patrick King's in hand work. So we had been working on that too. So we were able to still keep working together some, but I was having a hard time getting around. I had a pretty nasty concussion, but it brought me to Carol. So it's something that I'm really very thankful for.

Warwick Schiller ([00:23:40](#)):

So when you went and saw her, what was physically going on with your body?

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

Well, I had pulled a ton of muscles. Pretty much my whole right side was all torn up. And the first time I saw her, she's one of those people, she'll look at you and she sees so much more. Like you might as well not even bother trying to hide anything, just see it

Warwick Schiller ([00:24:06](#)):

All. You might as well not got dressed.

Grace Keeton ([00:24:08](#)):

Exactly. Pretty much. And so the first time I went to see her, we actually had worked on a trauma from when I was younger. I had come off of my horse and shattered my whole lower jaw, and that was when I was 14. So it was a long time ago, and I thought that I had processed everything from it, but apparently I

hadn't. So we worked on that, which was really interesting, and I was surprised that we had to go back that far to get ahead, if that makes sense.

Warwick Schiller ([00:24:39](#)):

And so was it processing the physical trauma? You broke a jaw and you have a pretty hefty, quite prominent scar in your face from it. Was it processing the breaking of your body type trauma, or was there a part of it processing the physical appearance of that at that age? Because the only reason I'm asking is I had cystic acne when I was a teenager. Oh,

Grace Keeton ([00:25:20](#)):

Wow.

Warwick Schiller ([00:25:23](#)):

My whole head, chest and shoulders, they look like they're big enough to look like boils. So you're kind of a bit disfigured, so to say at that time of your life where you are really concerned about how you look outward to the world. So the unresolved trauma, was it to do with the actual breaking of your body, or was it to do with the mental stuff afterwards or a bit of a It

Grace Keeton ([00:25:52](#)):

Was both. It was totally both. There's the whole idea of the body keeps the score kind of a thing. And I find the same thing when I work with horses that I'll find physical restrictions, but there's very commonly an emotional component that comes up with that. And that's what I felt as Carol worked on me also. So there were things that, yes, they manifested physically, but they might not have started that way. And it's such an odd thing because to think about going through all of that now, oh my gosh, I dunno how I would deal with it. But even then, being a 14 year old girl, you just dealt with it. And I was homeschooled, which helped tremendously. So I wasn't in the midst of all of these kids that had a lot of things to say. I was able to be pretty well protected, and the people that I spent time with were people who genuinely just wanted to see me get better. And there were a lot of miracles that were going along with that injury also. That's another thing that I'm really thankful for. It was another transformative time. Well, I mean, it was one of the things that made me realize how incredibly bodies can heal. And so I wouldn't have changed it. I would've done it a hundred times over. But it's funny to think now, man, I don't know what I would do if I shattered my jaw, but it's something I've already dealt with.

Warwick Schiller ([00:27:35](#)):

Wow. So the question I've probably got for you about Carol, was that her name? How did you find her? Because it's a bit of a leap of faith to say, Hey, your body's all broken. Go see this person, and she's probably not really going to touch you very much, but she's going to fix you.

Grace Keeton ([00:27:56](#)):

My mom, my mom had gone to see her already, and so she said, oh, you've got to go see Carol. And I wasn't excited about it. It was one of those things where I'm like, ah, I'm fine. I'll get better. But I'm so thankful that she sort of insisted like, no, you should really go see her. And how my mom found her, I don't know, honestly. She's just one of those little angels that comes along.

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



Wow. So I want to ask a bit more about going to see this Carol lady. So what was your first session? Because I have had a couple of different, well, I know one was, I'm not sure even what the other one was, but it was a little while ago. Actually, our former podcast guest and friend of ours, Beth Stan, said, you've got to go see this. She's my body lady, and I think maybe she does some craniosacral. But anyway, go in and lay on the table. And I don't even think she put her hands on me, but she goes, oh, and then starts telling me stuff about me fears and Oh, yes. One of the things she said was, oh, these are the people-pleasing muscles. These are the muscles. These are the muscles that tell me that you are concerned about what others think about you. Oh,

Grace Keeton ([00:29:24](#)):

Wow.

Warwick Schiller ([00:29:25](#)):

These ones are very tight. Oh, that's stuff like that. Yeah. And I think, I can't remember what exactly she does, but I think there was a craniosacral part to that. So when you first with your broken body, you go see this carol lady, what was your experience like? Well, you said she started talking about your jaw. Was that in the first

Grace Keeton ([00:29:46](#)):

Session? It was, yeah. Oh, really? Yeah. Yeah. And I just wept a little baby. And it was one of those things where I don't crying in front of people. I don't like crying in front of anybody. And so to sit here with a stranger just sobbing over such a soft way about her, and she would ask questions mean, she was definitely, she was just so light in her approach physically and emotionally. So it would be kind of more like she didn't want to spill the beans for me. It would be more she'd be drawn somewhere on me and would go, what's here? And so then it's one of those things where it just would come to me and it's, oh, it's stuff that I thought I had processed, but apparently I hadn't. So she definitely let me sort it out in that way. She just was sort of like, Hmm, tell me about this. What's this from

Warwick Schiller ([00:31:04](#)):

For you guys that are regular podcast listeners? This sounds very similar to the story that Tristan Tucker told me about going to see that dude in Denmark, bent, bent, whatever bent's name was. But it sounds very similar. And so Bent has a website, I think it's called Bent dss, I think. But I've been on there, and he doesn't say anything about craniosacral, but it sounds very, very similar. But he just touched parts of, he said to Tristan like, oh, this leg, I think you broke this leg at one point in time. And then he did something there, and Tristan said, and all of a sudden I was just all these, I was just balling like a baby. There was unresolved trauma about that. And you mentioned the body keeps the score before, and I can't remember if it was the body keeps the score. So that's Bessel, isn't it? I

Grace Keeton ([00:32:06](#)):

Think so,

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

Yeah. So I can't remember if it was Bessel VanDerKolk Body Keeps the Score, or Peter Levine's Waking the Tiger, or what's the other one? So either Bessel Vanko got another book, Peter Levine's got another book, I can't remember which. But they talk in there about having surgery and the actual cutting of your

flesh, and there is an actual trauma stored in the body because of that. And so you can not actually have being lawn darted off this horse and hitting the ground. That's a kind of traumatic event that you didn't elect to do. So you don't think of things that you elect to do as traumatic, like, yeah, I'm going to go and have surgery on my leg, or whatever it is. But in one of those books, it was talking about how it's not a breaking of trust with the bottom. I'm not sure how to put it, but it is a traumatic thing, having your flesh cut through and that you can actually, there's actual, from surgeries, you have trauma from them. Even though you think of trauma as stuff that happened to you that was out of your control, not like you decide, I'm going to go around the, I'm going to go for a run around the block. You don't come back and feel like, oh, something bad happened to me. You know what I mean? And so, yeah, it's so fascinating, all that stuff.

Grace Keeton ([00:33:35](#)):

Well, and I think it's such a good reminder of we don't even get to decide for our own body what trauma is. And I think that's a big part of what I do with the horses, because owners will say all the time, well, they've never really been through anything. I'm like, well, we don't get to decide what they've been through or not.

Warwick Schiller ([00:33:57](#)):

Yeah. I used to think I had the perfect childhood, and Robin says the same thing, and then she's been unraveling some stuff like, oh, okay. I didn't look at that that way then. But yeah, it's so interesting when you start to become aware of the things that cause trauma, and they're not the things, they're not necessarily the things you would think would cause trauma. They're not the big bad things. And sometimes the big bad things are not that big a deal. And the little things you're big.

Grace Keeton ([00:34:37](#)):

Yeah, exactly. Or they just get processed differently.

Warwick Schiller ([00:34:41](#)):

Yeah. And I'm talking, most of this I'm talking about here would be emotional trauma, but yeah. Yeah, it's fascinating stuff. So anyway, so let's get back to Carol's. So you had a session with her, and how often did you go see her, and at what point in time did you kind of go, I could use this for the horse

Grace Keeton ([00:35:02](#)):

By I would imagine the fourth time she would start explaining what she was doing and why she was doing it. And she would have me feel different things on myself, feel the difference in the rhythm from here to here. Which way does it want to go? Which way does it not want to go? And by the end of our time together, I was on the hunt for a way to learn this for the horses.

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

Do you think she felt something in you, you would have the ability to understand this? Do you think she explains stuff to everybody she works on, or some people she just works on, and she can tell that because you had said before that you would feel these things with horses. Do you think she recognized that in you and was like, okay, I can help you develop that? I

Grace Keeton ([00:36:04](#)):

Think she must have. I think she feels things in people. I feel things in horses. So I think there must have been something in me that made her feel like she should explain this stuff and give me a nudge to find my way in it too.

Warwick Schiller ([00:36:24](#)):

Okay. So now I just had a thought come to me. So when I had Kerry Lake on the podcast and Carrie Lake talks about, she said, I'm not teaching you anything. I'm helping you remember. And so we all have this ability.

([00:36:46](#)):

We all have the ability to have this ability, but our culture, our upbringing, society, whatever, dulls it down, wears it out, tells you, don't do that with Kerry Lake. So Kerry Lake, the way I describe her, she doesn't describe herself this way, but I describe her as an animal communicator who teaches people how to communicate with animals, but she doesn't just teach you how to communicate with animals. She teaches her how to get in touch with you and you can communicate with a lot of things. So I asked Kerry Lake, I said, so how long have you been able to do this? And she goes, oh, it was my first language. I could communicate with animals before I was verbal. And I said, so tell me what happens when you become verbal? And then you can explain to your parents what you are doing, what happens there? And she goes, what do you think happened? Don't be silly, Kerry. Oh, Kerry's doing it. You know what I mean? And so I think for a lot of us society, when we have those sorts of abilities early on, society tells us You're being silly. I was just thinking you were homeschooled. Tell me, were your parents hippie-ish? Like they woo wish.

Grace Keeton ([00:38:06](#)):

Yeah, yeah. They were hippies before they were cool to be.

Warwick Schiller ([00:38:11](#)):

I see. Now it makes sense because what I'm getting at here is not everybody can do craniosacral work because not everybody is that in tune. And it sounds like you've never had it rubbed out of you. You've never been, okay. Then now, okay, now it's making sense. Just right then when you were talking, I've thought about she was homeschooled. Hang on, let's go back to the beginning and find, okay, now it all makes sense. So this is not, yeah. So if you goes listening at home, and it's kind of hidden me right now too. It's not like Grace has got something we don't have. Grace has got something that we've had that we've lost

Grace Keeton ([00:39:03](#)):

Or forgotten

Warwick Schiller ([00:39:04](#)):

Almost like you or

Grace Keeton ([00:39:05](#)):

You were told to forget.

Warwick Schiller ([00:39:07](#)):

Yes, you had it drummed out of you. Whereas it sounds like you've never had that. I've talked about it before, but there's a book that was given to me a couple of years ago called Radical Wholeness, and then this book, it talks about a West African tribe called the Anglo iWay tribe. And they say, we don't have five senses. They say, we've got way more senses than that. And one of the senses that they talk about is our sense of balance. A sense of balance is the relationship between us and the exact center of the earth.

Grace Keeton ([00:39:46](#)):

Wow.

Warwick Schiller ([00:39:47](#)):

But another one of the senses that they have is what they call ami and literally translated into English is feel with flesh from the inside out.

Grace Keeton ([00:40:03](#)):

I love that.

Warwick Schiller ([00:40:06](#)):

And that's one of our senses that this tribe says that we have. And it sounds like that's the sense that you've not ever lost, that you've not had conditioned out of you. And because of that, then you can start to develop that sense more. Yeah.

Grace Keeton ([00:40:29](#)):

Yeah. I mean, I'll have to look into that. It resonates with me a lot. But yeah, my parents, they've always taught us that our bodies are smart innately, and we know things. And my dad is an upper cervical chiropractor for people, which is

Warwick Schiller ([00:40:46](#)):

Really

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

Different than really any other chiropractic technique that I know of because it's all very measured and calculated, and there's no twisting or popping or take a deep breath, and here we go. What he does is it's enough pressure to check your own pulse because he knows exactly where things need to go. So it's not anywhere near as traumatic. I mean, I think everybody

Warwick Schiller ([00:41:13](#)):

Either, I got to write this down. He's an upper cervical chiropractor,

Grace Keeton ([00:41:18](#)):

So all of his adjustments are done just in the cervical spine with the idea that there's sort of a domino effect right Close to the brainstem. And so if you can get that talking, well, then everything else will start talking better as well. So he's always talking about how smart our bodies are and how we were made to

heal. Well, and then my mom is really well versed in homeopathy and she'd muscle test us for supplements and things when we were kids.

Warwick Schiller ([00:41:51](#)):

Oh, really? Yeah. Oh, now. Okay. It all makes sense now. Okay.

Grace Keeton ([00:41:57](#)):

Yeah. So I mean, feel so thankful to have been born into this family. It didn't get stomped out. It was nurtured instead.

Warwick Schiller ([00:42:09](#)):

Okay. It all makes sense, man. Okay. Okay. Okay. That's what I wanted to see. That's the thing I wanted to unravel. This podcast is not about what do you do this podcast is about what are the things that happened to you along the way that allowed you to do the thing you can do? And it's kind of about join the dots between how we're Royal Lake, not how we're all different. Absolutely. Yeah. Okay. That's fascinating. So that was your introduction to the whole thing. So I know that you've learned a lot of stuff from a guy named Tom Mays. Do you want to talk about Tom for a bit?

Grace Keeton ([00:42:51](#)):

Yeah, I would love to. Tom is the emerald legasse of body work. He's super dynamic and so passionate about horses and what we can learn from them. And he has learned from a lot of really great people whose names I can't even think of now, but his main teachers are the horses, which I think is so cool. I, I know you've talked about how it seems like science follows the Woo, not the other way around. And he emulates that entirely because he'll just go with stuff. He teaches protocols. I mean, he's very systematic in those kinds of ways, and he is always encouraging people to prove it to yourself, use some of your left brain, even though you get a feeling, what can you do with it? So he's a good balance of that left and right brain. But yeah, if the horses show him something, he's going to investigate it and he's happy to credit them, which I think is also really cool. He has pretty much no ego, which I think is really admirable. He does a lot to help horses.

Warwick Schiller ([00:44:26](#)):

Does he do craniosacral or does he do osteopathy as well?

Grace Keeton ([00:44:32](#)):

So he does both his courses. He has a foundation class that focuses on some acupressure. You usually will learn how to feel the craniosacral rhythm in that class as well. And then he has craniosacral classes that are prerequisite for the osteo stuff. So you've got to go through your craniosacral to learn the osteopathic work.

Warwick Schiller ([00:44:59](#)):

Early on, we were talking about how much fun it's going to be at the podcast summit with all those like-minded people together. And then we're talking about when we met at the Best Horse Practice Summit, same thing. One of his classes has got to be cool, the people that go there. That's got to be cool, doesn't it?

Grace Keeton ([00:45:20](#)):

Oh, yeah. And it's neat because it draws people from all walks of life, but there's that common denominator, and I'm not even quite sure what that quality is. I don't know if you could quantify that. All ages. I mean, I think there was a lady in our class who is in her seventies and just having a blast. And the energy that's created there in his classes is just, I don't know anything else like it?

Warwick Schiller ([00:45:51](#)):

I can't remember who it was on the podcast, but it was in probably the last three or four guests. Might've been Christine Dixon, I can't remember who it was. But you said something minute ago. I'm not sure what quality they have. Sense of curiosity.

Grace Keeton ([00:46:06](#)):

Oh yeah. And to just try to find what's possible. Yes,

Warwick Schiller ([00:46:15](#)):

Yes. Curious about what's possible. Yeah. So Tom does these classes. It's in Placerville, isn't it?

Grace Keeton ([00:46:24](#)):

Yep. And he'll travel, but yeah, that's where he's based out of.

Warwick Schiller ([00:46:28](#)):

So Placerville California is on the western side of the Sierras in the foothills of the Sierra. It's beautiful. That's

Grace Keeton ([00:46:35](#)):

A beautiful place. Yeah.

Warwick Schiller ([00:46:38](#)):

Okay. So you've been out there for that Patrick King former podcast, guess Patrick King. He was telling me he went out there one time. And so Tom's wife is a healer of humans, and Patrick said he had an experience with her where he was just sitting, I dunno if you were there for this thing was he was kind of sitting there. What happened because

Grace Keeton ([00:47:00](#)):

He was sitting there mining his own business is what he was doing. And Yolanda is Tom's wife, and she is incredible with people and with horses and with, she reminds me a lot of Carol in that sense of she's going to look at you and just see all of it. And she loves, it's always a treat because usually while we're out there for classes, we'll get together for dinner, which I love. I love listening to their stories. And she loves to work a room, so she'll spend time sitting with everybody and chatting. And she made her way over to Patrick. This was as everybody else, I think had pretty much left. So it was just my husband and I and Patrick and Tom and Yolanda. I think it was just down to the brass tacks of us. And she just put her hands on him. So there's a term for craniosacral therapy that we talk about unwinding things a lot, and neither of them were talking out loud. Yolanda would go, oh, interesting.

Warwick Schiller ([00:48:13](#)):

She's got her hands on him.

Grace Keeton ([00:48:14](#)):

She's got her hands on him. Yeah, real lightly. And his whole body is doing this unwind. And they were having a conversation between the two of them that nobody else was in on, but you could tell that there was a lot going on, which I am thrilled for Patrick because a fantastic person, but he's kind of reserved. He'll keep to himself. And so it was a treat that we got to be there, and he felt comfortable letting us see that they were doing this for a few minutes, and then she takes her hands off and his eyes open. He had never opened them before. You could tell that obviously there had been a lot going on, but that's kind of the beauty of it, is he didn't have to rehash whatever it was that he was feeling, but you could tell that there was a lot going on.

Warwick Schiller ([00:49:21](#)):

Wow, that's so cool. What I thought I might do is actually normally I wait kind of towards the end to ask these questions, but your questions I think are going to probably cover a lot of things that we would cover anyway, we set of conversations. So I might start in on your questions that you've chosen, and the first one you chose was what's been your biggest failure and how has it helped you?

Grace Keeton ([00:49:46](#)):

So I always like listening to this question because it usually prompts people to define what they see as a failure or what they don't see as a failure. And for me, a failure is only a failure if you let it defeat you. But if you can let it inspire you instead to change directions or use it to your advantage, then it isn't really a failure. But for mine, it was unquote failing in training horses because if I hadn't, I wouldn't have found this path, which is so clearly the one I'm supposed to be on

Warwick Schiller ([00:50:24](#)):

If you hadn't been lawn darted by the curmudgeon.

Grace Keeton ([00:50:27](#)):

Right? Yeah. It's opened up a whole new world for me. Well, actually, not a new world. I think it's an old world, but it's the one I belong in.

Warwick Schiller ([00:50:42](#)):

Yeah. I love this question because has been your biggest failure and how has it helped you? And the reason I like this question is because if someone listening has not got to the point in life to where they understand that every failure you have is actually setting you up for something even better. If you haven't had enough of those, it might help people understand that. But for me, looking back, every time something terrible happened, you think about 10 years later, it's like, oh, this great thing couldn't have happened if that hadn't happened. So you get to where when terrible things happen, you tend not to judge them, tend not to reject them. And that's the thing, it's about not rejecting them, but accepting that it's happened and it's there for a reason and it's tough at the time. But yeah,

Grace Keeton ([00:51:41](#)):

And it's always interesting the people who the reactions people will have sometimes to even just saying, well, everything happens for a reason. That makes people really angry sometimes to say things like that, which I always just find fascinating because everybody's got their own way of processing things. And so it's just always interesting to me when that brings those kinds of emotions to hear something that I would think is comforting. But not everybody thinks that way.

Warwick Schiller ([00:52:17](#)):

Yeah, very much. Okay, so next question, and I'm pretty sure I know what this one is, but anyway, what's the most worthwhile thing you've put your time into?

Grace Keeton ([00:52:26](#)):

Well, it is. It's been learning what I've learned or remembering what I knew because Tom talks about it the same way. He's like, you're just remembering. But it's already made connections with people that I never would've thought I would do. Talking to you today, I can't imagine that coming about any other way and seeing beautiful places and just, yeah, it just continues. It's something that I'll always be learning more of it.

Warwick Schiller ([00:53:02](#)):

You know what I was going to, I just thought of something. Right. Then you were talking about remembering it, talking about Tom, you had said before you can't remember who Tom learnt from at some point in time. This has got to go back to indigenous stuff.

Grace Keeton ([00:53:17](#)):

It has to, I mean, think it's interesting to see this pendulum effect that happens where those indigenous old modalities of healing that had kind of become taboo for a while. Now all of a sudden they're coming back. And the thing that I think is so neat with Tom is he's not trying to reinvent the wheel. He is just trying to remember things that were already there.

Warwick Schiller ([00:53:52](#)):

Yeah, very interesting. Okay, so next question. So this is the occupation question. And so the question is, what advice would you give people about to enter your occupation? But before we do that, we actually have to quantify what is your occupation?

Grace Keeton ([00:54:10](#)):

I think as I read the question, I thought in terms of body work or energy work, which are both very vague, but my advice would just be to go where you're drawn. Because when I first got the notion to learn this stuff, I wished that I had been interested in something more mainstream. I wished that I had been really drawn to doing massage or sure. Masters in method or anything else that people already knew about, because the idea of having to explain it to people and how to market it to people was really daunting. And not that those aren't all great modalities. I think there are a ton of modalities out there and horses need all of them. But I think had I not gone with my gut and followed along this path, I don't think it'd be as fulfilling. So I think you should go with whatever you're drawn to a lot of ways to help horses, even if, because a lot of people have wanted to take Tom's classes based on my experience with them, whether it's clients or vets now that I've talked to that want to learn from Tom. And I'm always encouraging, well, yeah, go do it. Because even if you take Tom's classes, no two practitioners of his are



exactly alike. So it's always fascinating to me to see what different people take from him, because Tom is there to teach his techniques. Yes, but also to amplify the gifts that you already have.

Warwick Schiller ([00:56:02](#)):

I was just thinking I'd be interested in taking Tom's class, not, not necessarily to learn the stuff, but tap into the things that you got to tap into in order to learn this stuff. You know what I mean?

Grace Keeton ([00:56:20](#)):

Yeah, you should. And tell me if you do, because I want to go to it,

Warwick Schiller ([00:56:25](#)):

Because it's kind of like anything that becomes a discipline, like a martial art or whatever. Initially people get into martial arts, maybe because they, I for self-defense or whatever. But after a while, it becomes, it's not about the thing, it's about who you become because of doing the thing. I think any discipline's a bit like that when you get far enough anyway.

Grace Keeton ([00:56:54](#)):

Yeah, you should, it'd be interesting, and I think you'd be surprised what you pick up from it, because I know that you've said before how you feel like you're late to the party with all of this stuff, but I don't know that that could be, I mean, if we follow the whole, everything happens for a reason. But also I don't think you would be having the things that are happening at clinics happen if there wasn't some kind of really cool stuff that you can feel or notice. You set the stage for some pretty cool stuff. And I think somebody like Tom, which is to help you, I mean, that's what he does with a lot of people is just help you get out of your own way. So it'd be really interesting.

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

Yeah, I think I'm going to have to do that. Okay, next question. This is about professions as well. So what's one common myth about your profession that you would like to debunk?

Grace Keeton ([00:58:01](#)):

I had to kind of waiver on this one a little bit, but I think it's how little it can take to cause a change. And I think there are a lot of people who would, maybe for body work in general, think that it's impossible to create much of a shift from it. But I get to witness a lot of unexplainable things on almost daily basis, and I feel like that's what it is. I'm a witness to it. I'm not a creator of those things. I just feel like I get to kind of be a fly on the wall almost and to see what's possible. So it's not like I have any kind of superpowers. I think there are a lot of really cool modalities and cool people doing them. And as much as you get the naysayers of, ah, that's impossible. Don't believe it. It can be possible. Horses show me all the time what is possible. I think that's what makes it so addictive is because then it's like, well, gosh, what else?

Warwick Schiller ([00:59:19](#)):

Yeah, think about naysayers. I find that I'm getting a lot less offended by naysayers because once you understand that viewing what you are doing through the lens, they view things through, there's no way it could be possible. So it's just about the lens with which they're viewing things, like while they're looking through that lens, that's what they're going to see. So they're not wrong,

Grace Keeton ([00:59:58](#)):

And they're the only ones who can change their lens. So that's not my job either, which is easier said than done, I think to believe sometimes it can be tempting to want to help them see things a different way. And you just,

Warwick Schiller ([01:00:19](#)):

I put up a video yesterday. So yesterday we took our horses to the beach.

Grace Keeton ([01:00:24](#)):

Oh, yes, I saw that on your story.

Warwick Schiller ([01:00:27](#)):

And it was our stallion Ray. It was his second time to the beach. So the first time we went to the beach, we just rode along the sand. I didn't even try to get him to go near anywhere near the water. But yesterday I went through a process of introducing him to the water and the post that I put up. So I took some video on my phone while I was doing it, and I made a video yesterday, last night, and put this footage together about a big part of giving him the confidence to actually be in the water was allowing him to say no. And the whole video I did was about the benefits of allowing your horse to say no, and the confidence they get in you when you allow him to say no. And the whole point of the video was, I have people say, well, if you allow your horse to say no, they'll always say no.

Grace Keeton ([01:01:15](#)):

And then the win.

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

Yes. And the point I was trying to make was it's actually the opposite. If you allow them to say no about something, enough times after a while, they don't say no because they're like, I trust you and it's not going to hurt me anyway. But someone last night commented on one of those videos and they said, well, yeah. So when I'm riding my horse from the barn of the arena or something or other, my horse has started stopping. And I just kind of let her stop and stand there. And when she's ready to go on, we go on and everybody's telling me that, don't do that. You'll be teaching her to stop. How should I deal with those people? And so my reply to him was, when they say, don't do that, you'll be teaching her to stop. I said, turn to them and say, no, but that's what I'm trying to do. I'm trying to teach her to stop. Don't you think she's doing a good look at that? She's doing such a great job of it. Look at her stopped, right?

Grace Keeton ([01:02:14](#)):

She's a champion. She's

Warwick Schiller ([01:02:16](#)):

A champion. She's been awesome. And I said, and over the weeks and months progressed and she no longer does it, when she quits stopping, then what I want you to say to me is, I don't know what I did wrong, but this stupid horse won't stop on the way to the arena anymore. I mean, I tried my best to teach her to stop, and she wouldn't stop.

Grace Keeton ([01:02:38](#)):

What a bratt. Right?

Warwick Schiller ([01:02:39](#)):

She won't stop anymore. I just dunno what I've done wrong and pose it that way because then the people are going to go, they're going to go, hang on. He's been letting the stop and she's no longer. So instead of shoving it down their throat, just kind of plant that seed, but don't, and it's hard. It is. But don't reject that and go, don't tell me I'm doing it wrong. Yeah. If you keep doing that, your horse will stop all the time. Yes. I'm trying to teach you to stop. Isn't she doing great? And it's just a flipping the switch on your perception of what they're saying and their perception of what they're telling you and what's actually going on.

Grace Keeton ([01:03:22](#)):

Absolutely. Yeah. Yeah. Because I think when I first started with this stuff, because nobody really knows what it is, there was an energy about it for me where I'm like, well, I guess I have to prove it. And I learned that that is not the energy that you can have around this stuff.

Warwick Schiller ([01:03:46](#)):

I was just about to say that energy would not work. It

Grace Keeton ([01:03:49](#)):

Doesn't, doesn't work to want to prove anything to anybody, and it doesn't work if I get really linear about the results that I want. You have to just really just listen. I mean, that's the basis of what I do, is just listening to the body. And it keeps you humble that way too.

Warwick Schiller ([01:04:12](#)):

Yeah. And I think that's where some people struggle with, say some of the stuff I'm doing with horses now that I know works,

([01:04:23](#)):

The interaction to have with 'em. Excuse me, I know it works, but it only works if you have a certain energy about you in a certain mindset about you. And it's not that linear, it's just the go with the flow. It's the urban flow of the whole thing. And you come out the other side just like, well, actually, the thing I talked about yesterday at the beach, so with Ray first, I rode along the beach and didn't have him go anywhere near the water. Then we got to where we could stand facing the water and the waves would kind of just come up towards him. But I didn't make him go towards it. All we were doing was standing still in a place he was comfortable and let those waves start to come towards us. And then it got to a point to where the waves came up and almost touched his feet. And he wheeled around and I was videoing the time, and he wheeled around the other way, and I just let him, and then he wheeled around to the right, and I just kind of finished that off and turned him back around

([01:05:16](#)):

Where started. Anyway, he only did that a few times before. It's like, oh, there's nothing to run away from. But the whole point of it was about allowing him to say no. When he says no, you've got to go along with it. Like surely, that's great. You can't reject it. So it's all pretty interesting stuff.

Grace Keeton ([01:05:37](#)):

And it is, it's a hard concept for people. Well, and what I find is, so a lot of my clientele has been by word of mouth. It started with a handful of people. Ironically, for a long time, most of my clients were out of state. It started far away and now it's starting to circle more local, which I think is a funny thing.

Warwick Schiller ([01:06:00](#)):

It's very, very funny. Back when I was training horses, it was very hard to get a horse from around here, but people send you horses from a long way away. It's almost like, yeah, I don't know what that is. Yeah,

Grace Keeton ([01:06:12](#)):

It's a strange thing. So for a long time, I personally knew the clients that I had, and now for quite a while it's been that I'll go to most of these people I don't know. And recently I had worked on a horse that is a pole bending and she's done really, really well and it's opened up this whole can of worms with these contesting people in a really cool way. But a lot of times people want to see their horse behave like what we consider behave for me. So they want them to be still and they want them to be pleasant. And sometimes this stuff is woken up in the horses that has been suppressed for a really long time and they have a really wide range of responses to it. And some of them get real sleepy and sedate and they are quite pleasant and sometimes they get really volatile.

([01:07:18](#)):

And one of the first conversations I have to have with a lot of owners is it's okay if they don't want me somewhere. I'm not going, if they say no, I'm going to listen to 'em. And you can see for some of these people, their gears really start turning like, oh man. But it's almost like having that conversation in the beginning, whether it changes my energy or it expresses to the horse that that's where I'm at most of the time they don't say no. It's like having that conversation alone. They can kind of take a deep breath and go, oh, okay, I can do this. Even though it isn't always easy. I mean, I am literally on their nerves sometimes. So it's not always pleasant, but it's amazing how even just again, that intention of saying, oh, I'm not going to push you into doing anything. It's like it grants you that permission for a lot of horses, I think.

Warwick Schiller ([01:08:31](#)):

Yeah. And I imagine horses like the one you're explaining there, any horse that does an event to where the horse's, horse's emotional state is not really taken into account in order to actually do the event that they do the horses in a highly activated emotional state while they're doing the thing.

([01:09:07](#)):

And that's not necessarily about speed. You can have a horse go fast and not be emotionally activated. But a lot of times, like our race horses, Paul horses, race horses while they're doing their thing, they're not in a relaxed state in an emotionally activated state. They're in the semine system. So if you think about polyvagal theory, so former podcast Jess, Sarah Schlocky, she has a website called equ, and she has a blog on there. And one of the blogs is about polyvagal theory, but she says, you think about it like three gauges, the dashboard of your car, and there is the sympathetic nervous system, which is one gauge, and there's the other two which are brakes, and one is the ventral vagal and one is the dorsal vagal complex. And one break is the social engagement break. And one break is the freeze break, like the emergency break sort of thing. And so you can have a horse who's highly activated, like high sympathetic nervous system, but if the freeze break is slammed on, they're kind of still,

([01:10:41](#)):

But they're freaking out inside. Or you can have that one completely off that break off and then the social engagement break off. And they're highly activated, which means they're running wide open, but you can have them where they're highly activated. So that gauge is all the way up, but you can have the social engagement break all the way up to which means it's not the break on. But so what I'm talking about here is let's say you're going for a gallop on your horse on a trail and they're completely relaxed while they're galloping. That would be, they're highly activated. There's a lot of energy in the system, but there's also a lot of relaxation in the system while that, so that's that social engagement break is fully engaged relaxation thing. Does that make sense? And so it doesn't, just because your horse is galloping doesn't mean they work,

Grace Keeton ([01:11:38](#)):

Right? Yeah.

Warwick Schiller ([01:11:39](#)):

But it can times. But the events that I'm talking about here are these events where horses are going at a high rate of knots, but they're also worried while doing it. And then probably a big gauge of it is could you at any point in time, break to a walk and have your horse walk on loose van and go

([01:12:03](#)):

Immediately? You're not going to be able to have a thorough racing horse go around the third barrel and then pick up on the reins for soft. You haven't come back to walk and just walk relaxed all the way back home or paulman horse or a race horse or whatever. But if you think about a lot of say the events that I've been involved in, say the reigning and stuff and do a little extent, the cow horse, you watch a cutting horse work, a cow go here, go, go, go, go, go, go, go stop, walk off completely relax. You can have a cow horse chasing a cow and then you pull 'em off, the cow turn loose and they're just walking, running horse. They can be running circles, run and stop and they can let it go. And I think that's the emotional part of it.

Grace Keeton ([01:12:45](#)):

Absolutely.

Warwick Schiller ([01:12:47](#)):

Just because they're highly activated, which means they're energetic and there's energy coming out, doesn't necessarily mean that they need to be emotionally worried

Grace Keeton ([01:12:58](#)):

In order to get there,

Warwick Schiller ([01:12:59](#)):

In order to get there. But a lot of times I think horses and certain events like we're talking about here are that way. And so there's a lot of stuff going on there. And so I'm sure when you start working your magic on 'em, all sorts of weird and wonderful things happen.

Grace Keeton ([01:13:14](#)):

And the thing that I explain to people a lot, whether no matter the discipline is that if the horse is exhibiting some kind of behavior that they would think is not desirable. So if the horse is getting agitated as I work on them or if they respond, if I touch a certain place and they want to bite whatever it is, they usually want to stop 'em pawing. Oh my gosh. People want to stop their horses from pawing all the time. And it's a common thing that they'll do as they process the work that I do. And so I have to correct the owners on correcting their horses and just say, listen, I want them to be honest because that's all they're doing is they're just expressing themselves. And pretty much nine times out of 10, at least once, whatever restriction was there goes away. The behavior leaves with it. I don't get hung up on what they do as I do things. It's given me a great opportunity to just be an observer because usually that behavior is coming from somewhere. And whether it's a physical restriction or an emotional restriction or both, usually it's a whole combination of things that comes up. But when those go away, all of a sudden the horses are happy and calm.

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

But the part that you are talking about is changing the owner's energy and interpretation of what's going on. And really what you are trying to do is trying to get 'em out of the stop crying. I'll give you something to cry about the mentality like stop showing me your concern. And that's a huge part of the healing of horses and humans is allowing them to show that concern. That's the start of working through it,

Grace Keeton ([01:15:29](#)):

Right?

Warwick Schiller ([01:15:30](#)):

I think I've talked about it on the podcast before, but what I'll sometimes do at clinics is have a 12 x four pen in the middle of the arena in case there's a person I need to do this with. But some people cannot be around their horses without having a judgment about everything the horse is building. And so I'll take the horse and put it in the pen, thread the lead rope out through the fence and tell the person, I just want you to stand here and hold the lead rope. And I do not want anything this horse does to affect you emotionally, energetically, whatever. I just want you to just stand here and just be. And when those horses start pouring, those people cannot stand there and just observe their horse pouring with no judgment, like their body language changes. And I go, do you realize what your body just didn't like? Oh, I didn't realize they did it. But what happens if you leave 'em there long enough? They get to where the human gets to where they just relax about whatever's going on. And by the time you take the horse out of the pen back in with the human, there's no fence there. The whole relationship's completely different. And it's not that we fix the horse,

([01:16:36](#)):

You just got the human to where they're around the horse without having an attachment to the horse behaving a certain way without having a judgment about everything, anything the horse does. And what's funny I found is you change that. It changes a lot of stuff about the horse. If you are trying to be there in your damn spot, work on the horse doing the craniosacral stuff and the people there, their energy is rejecting whatever's going on that would get in the way

Grace Keeton ([01:17:03](#)):

It does. But I've gotten to a point where I can create a pretty good bubble of space. Amazing. How many horses are like people? These idiots? It's like, oh, they're just so tired of people. Especially if I work on off the track horses most of the time, their response to me is, what are you going to do? Great. You're going to come in here and make it worse. And so it's just interesting to see a horse's relationship to people in general. It's like

Warwick Schiller ([01:17:46](#)):

You just remind me of something. So when I was at that Best Horse Practice summit in Lexington, Kentucky last year, there was in the afternoon there was a session to where there's a very, very, very good horseman. Got to work with some off the track Doers.

Grace Keeton ([01:18:07](#)):

Yeah, like fresh off the track, I think

Warwick Schiller ([01:18:09](#)):

Fresh off the track tores,

Grace Keeton ([01:18:10](#)):

They had raced days before.

Warwick Schiller ([01:18:14](#)):

And what was so interesting, this is people's perceptions of stuff, is I was standing over to the side when they bought one of those horses in the first day, and then this horseman worked with this horse and there was quite a bit of small circles and bending to get this horse to relax. And finally this horse got to relax, took quite a bit of work, but it wouldn't require the same amount the next day and the next day and the next day and the next day. But I was standing over to the side with someone who is a biomechanics type expert

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

Watching the whole thing. And this person said to me, I'd be really worried these horses get sore in the stifles. Like all this small circling, I'd be really worried about these horses' stifles all this small circling. And I didn't say anything, but what I wanted to say was, did you see this horse's body when it was led in here? Oh yeah. There was tension in every muscle in this horse's body was working biomechanically incorrectly. The horse was in complete flight mode even though it's walking because someone's holding it by the chin, leaving along the horses kind of walking sideways and completely tense every muscle in the horse's body's tense. It's been led that way. It's a three-year-old. It's been led that way every day for the last two years. And this guy's just spent half an hour working on small bending movements and getting that horse to UNT track behind and turn loose internally. And now it's completely different. And you are worried about the small circles. It did for half an hour, but not the way this horse has been led for the last two. I was just,

([01:20:11](#)):

And this was actually someone who was presenting at the thing, this is a knowledgeable person. And I was flabbergasted that they didn't see that. How can you witness that bigger change in a horse and then be concerned about, oh my God, I'm worried about this horse's stifles, don't they? Well, these horses must get so on the stifles, if you do that all day every day, you don't do that all day every day. You don't

need to because once you get them to mentally let go, that's not there anymore. Exactly. But what I was so flabbergasted that they didn't see the horse walk in and think, oh my god, it's funny, someone like that will say, oh, small bending and circles, that's bad for a horse. But she didn't say, oh my God, did you see the way they led this horse? Any of this poor horse? Can you imagine being led around like that for the last two years? Exactly. That didn't even cross her mind. And I was just flabbergasted that that could be the lens that especially this person viewed what was going on. It's like we saw two totally different things. Yes, I did see a horse have to do some small bending stuff for quite a while before it could let go, but once they let go, it's not like you've got to do that all day every day.

Grace Keeton ([01:21:29](#)):

Yeah, exactly. Yeah. What's the lesser of two evils here? Yes.

Warwick Schiller ([01:21:35](#)):

And

Grace Keeton ([01:21:35](#)):

If the goal is to help the horses learn how to help themselves and get to a different place mentally, is it Einstein who says that that's the definition of insanity? Insanity is you keep doing the same thing and expecting a different result. And it's amazing how much of that there is.

Warwick Schiller ([01:21:55](#)):

Yeah, that's the thing. You're trying to teach those horses how to find that piece themselves. And this horse I can guarantee has not had any peace since it was probably left its mother really. And yeah, I'm not a huge fan of the whole I racing industry because, and so many people in the racing industry will say, oh, you're an idiot. You shouldn't say things like that, blah, blah, blah, blah. But if you think about a horse that comes off the track, they are not ready to be a quiet riding horse. They are like a soldier coming back from combat sort of

Grace Keeton ([01:22:37](#)):

Thing. Exactly.

Warwick Schiller ([01:22:40](#)):

Yeah. So anyway, it was just fascinating that this person's take on what we saw and what was funny, the guy worked with two horses, one the first day, one the second day, but both of those horses had no idea of how to let go of worry. They were so addicted to being worried that they couldn't let go of their worry.

Grace Keeton ([01:23:04](#)):

Yeah. Was palpable. I mean, it was one of those things where, oh my gosh, you could feel it from the whole arena, I think.

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

Yeah. And we actually afterwards, after that second session, that particular trainer and I were in so war talking about, and he was like, ah, gee, I wish I could have done more. Where do you think I messed up? Well, he was beating himself up a bit. And so Maddy Butcher that was running the whole thing, she



heard us talking and she said, well, why don't you two guys get up in the microphone and talk about what's going on here? And so we got up on the microphone and I said, this guy here was just kind of beating himself up, and he's an amazing horseman. He needed a great job with these horses. But I said, he's kind of beating himself up. He was asking me, what do you think I could have done better? And I'm like, you are dealing with it. That horse knew the answer it was giving. The answer is to be tense. The answer is not to let go. I mean, it's not like you were working with an unhandled horse who was looking for answers. This horse was not looking for the answer. You were trying to have that help that horse fine because he's been taught that is not an option.

(01:24:15):

And I said, so you were working with a very well-trained horse, and it's hard to mess up a well-trained horse. If you get a horse who's really well-trained, it takes a lot of messing up to untrain them.

Grace Keeton (01:24:28):

Exactly. Yeah.

Warwick Schiller (01:24:30):

This horse was very well trained to be in an emotional state around humans. And that was, I think that was the trouble he had is at no point in time did this horse think that anything the human offered him was going to be a good idea. So basically the horse rejected his offers for a long time before we could make a bit of headway. And I think that's why the process took quite a while because those horse,

Grace Keeton (01:24:58):

They couldn't even look at him. They wouldn't look at

Warwick Schiller (01:25:00):

Him. They wouldn't look at him. And what was funny is the horses were spooking, the horses he was working with one at the time were spooking at their head, was up in the air looking at everything in the arena except the human on the ground in front of him, except him. If he had have walked outside the round pan and left them in there and jumped up and then waved his arms, they'd have been looking at him. What is he doing over there? But because he was in there with them, it didn't matter what he did, they wouldn't look at him. They were totally rejecting him. And it's funny, Kendall that works for us here, she trains some horses at some other places. She's actually doing some work for a friend of mine who trains rain cow horses. Oh, that's

Grace Keeton (01:25:45):

Great.

Warwick Schiller (01:25:45):

And they just got a new horse in that they're going to start. And Kendall had said that this horse is very distracted. And I was over there yesterday, I think, or the day before, and I saw him working with this horse and I said, oh, this horse is not distracted. This horse willfully rejects the presence of the human. It is not like it's distracted because if the horse is distracted, you can distract them from the distraction,

Grace Keeton (01:26:18):

Right? Yeah, exactly. You know what I mean?

Warwick Schiller ([01:26:20](#)):

You can get their attention if you move or whatever. But this horse, everything the human did, Kendall did. Kendall was standing on the horse's right side. There was something interesting over to the left side, but Kendall went on the left side. Now there's something interesting over on the right side. And I remember a few years ago in Australia at a clinic, there was a lady, lovely lady named Sally. She has this beautiful quarterhorse mare. This mare is gorgeous, and Sally's standing on of the lead rope and the marere, her neck comes out of a withers rule level, and her ears are pricking. She's looking at things, not looking high headed at things, just curious about things,

([01:26:58](#)):

Looking around at things. But she wouldn't look at Sally. And Sally was like, she doesn't like me. But I was standing over to the side and I just took my hat off and raised it up in the air. And the mayor's head swivels around and she looks at me and her ears are prick like, oh, that's interesting. She's not scared, she's curious. And I said, oh, she doesn't seem to be, I was kind of messing with Sally a bit, but I said, she doesn't seem to be not like me. And Sally goes, yeah, it's got to be me. And I said, I'm going to show you something, Sally. Let's switch places. I will take the lead rope. You stand over here. So I stood in front of the mayor, took my hat off and waved it around, and the mayor would not look at me. And I said, now, Sally, just raise your right hand up or pick one foot up off the ground or whatever. And Sally's standing over there and she does. And the mayor turns and looks directly at her and I go, it's not you. You've got that judgment thing like, my horse doesn't like me. It's not that this horse has just learned to block out who was ever on the end of the lead broke,

Grace Keeton ([01:27:57](#)):

I think. Anyway,

Warwick Schiller ([01:27:58](#)):

You saw these thorough beats. They were so adamant about, I cannot even look at you now. Anybody outside the round pen? Anybody? Super interest. Yeah, super interesting or curious, or at least they could show an awareness of them. But the person in the Libra, no, no, I cannot. I don't trust your judgment in the slight bit. And that was the whole thing that I was just bamboozled that this person thought that the bit of work that they did to get this horse relaxed might be detrimental. But the past two years of leaving this horse around by the chin with it, having every muscle in its body quivering and tight, and being in the sympathetic nervous system was not a problem.

Grace Keeton ([01:28:45](#)):

Not a problem. And it's so interesting. So I never was a huge fan of thoroughbreds. It was one of those things where I'm like, oh, they always just seem so sensitive or dramatic or so emotional. And in learning this stuff, it's given me a whole different appreciation for them because it made me realize that they're actually most of the time very stoic and they're just at their within end with themselves and with people. And

Warwick Schiller ([01:29:22](#)):

That's not a thoroughbred thing though.

Grace Keeton ([01:29:23](#)):

No.

Warwick Schiller ([01:29:24](#)):

I think if you threw any breed of horse into that,

Grace Keeton ([01:29:29](#)):

Oh, it's a backwards environment.

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

Yeah, that environment, they'd end up somewhat the same way. Yeah.

Grace Keeton ([01:29:35](#)):

Oh, I totally agree. And there are a lot of horses that they spend a lot of time outside their bodies. They would rather be anywhere else, which it seems like a lot of what you do nowadays too, is helping bring them back to themselves, which I think is a tremendous help for them in their body and their mind.

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

Well, I found that's the starting point. It should be, the training is easy if you can get that bit to work. But if you want to train them without getting that bit to work, you've got to be a really good trainer. You've got to have a lot of techniques, a good seat and all that stuff. Yes. Anyway, let's get back to your questions. Again, I love this question you've chosen here in the last five years, what have you become better at saying no to?

Grace Keeton ([01:30:31](#)):

So it's from meme land, but I have gotten better at saying no to listening to opinions from people that I wouldn't get advice from. That I think is the main one. The other one that is a much more recent development is saying no to being available a hundred percent of the time. Because I think as you have your own business and you're having to talk to people, it would be one of those things where people would message me anytime of the day or night, and I would feel like I had to just drop whatever I was doing and get back to them right away. I wouldn't want to be inconsiderate. And then I sat down and thought about it, and I'm like, back in the day where everybody just had landlines, people probably wouldn't be calling me at 12:30 AM just to ask about my prices or see what it is that I do. And so it's been a good shift in perspective of I don't have to be available all the time for everybody.

Warwick Schiller ([01:31:40](#)):

Grace, I love your answer to that. And the reason I love this question is because the question is what in the last five years have become better at saying no to? And it's posed, becoming better at saying no to things is a good thing. And in order to get to the point to where you think that's a good thing, you've got to give up your people pleasing tendencies. And I think a lot of us have people pleasing tendencies from childhood. And when you read enough stuff about, it's like it's a trauma response, but, and so you have all these just ingrained patterns of stuff and getting better at saying no to stuff is actually a good thing.

Grace Keeton ([01:32:28](#)):

It's freeing. Yes.

Warwick Schiller ([01:32:30](#)):

Especially, go ahead. Sorry.

Grace Keeton ([01:32:33](#)):

It doesn't feel that way in the beginning. It's amazing how I felt so guilty at first because I'm like, oh man, I am my business. So what does it say about me if I let messages sit for a few hours or a day or however long? And I've even gotten to the point now though, I've gotten comfortable enough to where if people are really obnoxiously trying to get in touch with me, it makes me wait longer to get back to them, which I don't know if that's a good thing or not. But

Warwick Schiller ([01:33:04](#)):

I read a host this morning by a school teacher, I think, and she got an email at work. She got an email from an irate parent and was immediately typing back and the principal or the vice principal, someone from the school said, what are you doing? She said, well, I'm replying to her. And she said, we have 24 hours to reply to emails, and she's being very obnoxious. And so it is now 1 22 in the afternoon, and so tomorrow you're going to reply to her at 1 21.

Grace Keeton ([01:33:43](#)):

Love it.

Warwick Schiller ([01:33:45](#)):

And it's not so much a screw you sort of a thing. It's just like that is, it's all pressure in life. It's all perceived pressure. But that's an external pressure we put on ourselves thinking that I need to get back to them.

Grace Keeton ([01:34:05](#)):

Well, and I think in that case it's like if this is the energy that you're bringing to me, I don't know that that's something that I want to reciprocate. So for me, it's more of an energetic feel where it's like, if you're that frantic, this might not work anyway. So just being more particular about things like that. It is nice when you can let go of that kind of stuff.

Warwick Schiller ([01:34:33](#)):

Yeah, I love that question. Okay, last question that you have is, what quality do you admire in a person?

Grace Keeton ([01:34:42](#)):

The desire to learn. I think you have to be pretty open to want to continue learning. So I appreciate that a lot actually. I guess there are a few things. There are those things, the learning and the openness, but then congruence. I've found that as I've leaned more into my intuitive side, I've become way less tolerant of incongruence in people.

Warwick Schiller ([01:35:17](#)):

Do you feel like you've become less tolerant of it, or do you feel like you recognize it easier and that's a better way? So it's not that you're less tolerant of it, you're just aware of it more so than you were before.

Grace Keeton ([01:35:29](#)):

That's what it is. Yeah. It's definitely an awareness, a sensitivity to it, not necessarily a low tolerance, just going to be where they are. And that's totally fine. I'm detached from that. So yeah, it would be just a sensitivity to the incongruity. So I love congruence.

Warwick Schiller ([01:35:49](#)):

Yeah, because the reason I quantified that there is because I think I notice incongruity more, but I also, it's like I understand once you start to understand trauma, when people are incongruent, not only do I probably recognize it more, but I'm also quite understanding of how they got that way. So instead of being judgmental about it, you tend to think, obviously you are operating that way because of whatever. And so for me, it's not like I'm less tolerant of it. I think I'm more aware of it, but it's not that I'm less tolerant. I probably would not be wanting to hang around people. That's how I would not tolerate it sort of thing.

Grace Keeton ([01:36:52](#)):

It's choose to be elsewhere. It's

Warwick Schiller ([01:36:54](#)):

Choose to be elsewhere, but it wouldn't be choose to be elsewhere judgmentally. It would be like, yeah, don't vibe with that energy. I totally get that. There's some stuff that got you that way, but I'm not interested in hanging about with him.

Grace Keeton ([01:37:11](#)):

Yeah, it doesn't mean you have to be married to it.

Warwick Schiller ([01:37:14](#)):

Right. Sometimes. And I'm probably talking more about my wife's case in my case. Okay. I got through all your questions and I love the unraveling of how you got to doing what you're doing. So how do people find out more about you?

Grace Keeton ([01:37:37](#)):

I have a website, nova equine renovations.com, and I'm usually pretty active on my business page on Facebook also. I post a lot there usually.

Warwick Schiller ([01:37:49](#)):

And that's Nova Equine renovations. So let's talk about what those three words mean. So we know what equine means. I'm guessing nerve is the name of a horse. I don't know.

Grace Keeton ([01:38:05](#)):

No, it was one of those things as I was thinking about a name for my business, it just sort of kept coming back to me like Boomerang, because I had spent a lot of time in this sort of limbo of knowing that I wanted to shift my work from the training side of things more into the body work and energy work side of things. And so it was easy for me to think of what I didn't want to be. And then I had to just sit with myself for a while and think about what I did want to be for horses. And I just kept thinking about Nova and I'm like, well, why does that keep coming to me? So I looked it up. So it's from the astronomic event of a star that is dying or is losing energy, and another star comes along and gives its energy and then all of a sudden it's shining way, way brighter so that you could see it with a naked eye from Earth. And I thought, well, that's a pretty cool thing.

Warwick Schiller ([01:39:11](#)):

So that's what a nova is.

Grace Keeton ([01:39:13](#)):

Well, that's my understanding. I'm not expert.

Warwick Schiller ([01:39:16](#)):

Okay.

Grace Keeton ([01:39:17](#)):

No expert. But that was my interpretation anyhow,

Warwick Schiller ([01:39:21](#)):

A star giving energy to a dying star, so they bright. That's awesome.

Grace Keeton ([01:39:27](#)):

And then renovations just as something, again, as I thought about what I wanted to do for horses, and it's just to restore them back to their best version of themselves. So a lot of times people will say, oh, so do you renovate old barns and stuff? And I'll say, no, I renovate the horses and then they think I'm being sarcastic. But yeah, that was what I came up with of what I did want to be.

Warwick Schiller ([01:39:59](#)):

Wow. Well that's awesome. Very, very cool. Okay. That explains that. So yeah, nova equine renovations.com and Nova Equine renovations on a Facebook page. Yeah. Perfect. Well, thanks so much for joining me. It's been such a fun time unraveling and figuring out how you got to the point to where you're doing what you're doing.

Grace Keeton ([01:40:20](#)):

Thank you so much for having me. It's really such an honor.

Warwick Schiller ([01:40:24](#)):

Thanks again. So you guys at home, thanks for joining us and we'll catch you on the next episode of The Journey on podcast.

This transcript was exported on Oct 02, 2023 - view latest version [here](#).

Speaker 1 ([01:40:31](#)):

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.