

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

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

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

Today everyone, welcome back to the Journey on podcast. I'm your croy voiced host. This week, Warwick Schiller and I went to a wedding here recently. It was a groomsman at a good friend's wedding and just standing around at nightttime talking to people over the sound of the music playing and stuff. Apparently my voice said I've had enough. So you've got to put up with a bit of a croak today. My special guest today is a lady named Jenna Darko, who I met a few years ago at a horse expo, Jenna, or has a PhD in psychology. Even though she no longer practices psychology, she's more into these days trying to spread the development of human consciousness around the world, and that's probably the best way you could put it. Her website says that she's a peace activist, social advocate, change agent, mind, body and spirit specialist, film writer, equine enthusiast, and human soul.

([00:01:47](#)):

And we will go into quite a bit of that in this podcast, especially the film writer because she's writing this amazing film right now. But probably the best way to describe her was she gave me a copy of a poem that her aunt wrote about her when she was 14 years old. And this poem there is, it's just amazing. It really describes what she's on about these days, even though it was written when she was 14 years old. So her aunt must have been very intuitive and connected and understood where this precocious 14 year old was going to go with her life. But the poem is called Alpha and it goes like this.

([00:02:27](#)):

Out of the blue, she stepped among us, emitted quiet intellect, a deeper understanding as if she'd been here longer than any one of us, as if time were a questionable dimension. And she was privy to information that we were not. Our discomfort was our own. We left spaces of earth for her, not capable of turning her away, but she was not welcomed warmly like those who were no threat to our established place and standards. She an elusive warning. One, to heighten our awareness test, our instincts force us to confront our proven limitations and to stretch our flacid souls without premeditated intent. That's pretty heavy right there, but I love that she was here to heighten our awareness, to test our instincts, and to force us to confront our proven limitations and to stretch our flad souls. That was written about a 14 year old. So you're getting a pretty good idea of the conversation we're going to have here, and believe me, it will not disappoint you. So without further ado, we'll get to this amazing conversation with Jenna Darko. Jenna Darko, welcome to the Journey on podcast.

Jenna Darko ([00:03:54](#)):

Thank you, Warwick.

Warwick Schiller ([00:03:56](#)):

This is going to be fun. I thought we'd start out if my voice holds up, I thought we'd start out talking about how we met. So we met at a horse expo in somewhere that's cold and they have lots of fair food, like deep fried Twinkies and stuff like that. Where was that?

Jenna Darko ([00:04:14](#)):

This is true the Great Minnesota get together, our state fair.

Warwick Schiller ([00:04:20](#)):

That's what, no, it was the Minnesota Horse Fair, wasn't it?

Jenna Darko ([00:04:25](#)):

Minnesota Horse Expo at our state Fair ground it Horse

Warwick Schiller ([00:04:27](#)):

Expo.

Jenna Darko ([00:04:28](#)):

Yes, yes, that's true. It was an at the actual state fair, it was just at the ground, right? It was at Horse Expo.

Warwick Schiller ([00:04:34](#)):

Yeah. And those horse expos, sometimes there's a big name there and they get the main coliseum and I'm off in a little corner arena and sometimes I get the main coliseum. And that one, I happened to be in the main coliseum and it was very interesting. I did a presentation, I was talking about energy with horses and I was talking about listening to horses and not your typical horse expo stuff. And what was funny, I was in the main coliseum. I know they had a rodeo there at nighttime and I think it holds four or 5,000 people. They sold out the tickets and they told me how many it was. And when I was doing that demo, there was a lot of people in there at the start and there was still a lot of people in there. At the end there had to be a thousand, 1500, 2000 people in there. It was kind of half full. And I was actually kind of surprised because the Midwest is not somewhere I would think of a bunch of horse people sitting around listening to me waffle on about energy and listening to your horse. And we met later that day and you came up and you told me your story about how you found out I was over there. What was that? Someone texted you or phoned you or something?

Jenna Darko ([00:05:51](#)):

Yes, that's right. So I was at a booth and a few barns down from where the coliseum sits and I get this text from my good friend Kara, and I'll say some names in here because there's some synchronicities, Morgan, Kara Morgan and I have Morgan horses. So Kara's a really good friend of mine and she and her husband were at the horse expo. They're horse people and they knew that while there are some things that I love about horse related demonstrations and the expo, there are other things that I've just walked a different path now for a while. And so some things I don't care to be exposed to, especially with being a very sensitive and energetically sensitive person, sometimes well intending people are having oversight about some of the pain signals that horses seem like they're sending when I look. So they knew that I was probably going to be a little bit more heads down and just at my booth and meeting people and tuning into what would be really of interest to me.

([00:06:56](#)):

But I wasn't planning on going on many of the performance kind of demonstrations where people were helping people work with their horse and how to get some behavioral change or performance related

things. So I didn't really know much about you. I had heard about you by name and maybe seen an old video here or there but didn't really know much. And she messaged me and she said, I know that you are going to want to be here as fast as you can. So head to the coliseum. I head back like question mark and I'm kidding. Like, okay, I'm on my way. If Kara says you need to come see this, she knows me. And so I trust that there's really something great going on. And she says in the text as I'm walking over, she says, we're watching Warwick Schiller in the main coliseum and he is talking about consciousness and the sensitivity of horses and his own sensitivity of tuning into the horses and Brene Brown and his wife really being very much a follower of Brene Brown.

(00:08:01):

And so they're together learning all of this stuff. You've got to come, this is exactly what you'd be interested in. And so I hurried myself over there and I think I got there in record time because they were like, that was fast that I made my way across the grounds up there. And I said, what did I miss? And they said, not much. You got here so fast. And they filled me in a little bit and I got there as you were talking about relating with the horses just as you would human to human in terms of reading, signals of interest, reading signals of engagement, reading signals of dismissal, or a sense of nervousness perhaps that the horse was having. And that really spoke to me. And so I was really happy that they had messaged me so I could come and learn who is this Warwick and what is he doing and how are all these people engaged?

(00:08:49):

Because you're right, it was a full audience captivated. And there are I think some hidden secrets of the energy sensitivity that Minnesotans have. And then it's also a really grounded place. So whereas California, you can have so much high consciousness and I love it and it is grounded also with some of the beautiful mountains and volcano ranges that you have there. But I think the culture can be seen as very expansive and open in California, which is in contrast to the Midwest, which is maybe seen as more rigid or conventional. And it can be that, but it can also be this really earthed, hardy, wholesome place that can ground a lot of energy. And if you're going to expand, if you want to really expand in a way that's also grounded, you have to have both. So I think actually Minnesota has something really special going on here, but that it sometimes surprises people that it is that expansive too.

Warwick Schiller (00:09:42):

I had an interesting experience after that demo at the booth. I had a lot of people come to the booth and wanted to ask questions and talk. I had a line of people and while I was talking to people and there's this guy on the line way towards the back and he's slowly getting closer and closer to me and he's about six foot tall and he looks like an old farmer. He's got this beat up old straw cowboy hat on that's dirty and he's got bibb and brace over overalls on with a Carhartt jacket. Looks like old school farmer horseman. Dude looks little bit like John Wayne. And he finally gets up to the front of the line and he says, Sonny, you were talking out there about being able to move a horse with energy. And I said, yeah, I was actually. And he said, do you know the best way to move a horse with energy? And I'm like, no, please inform me. And I think this is going to, I'm imagining his answer has something to do with a big stick. And he says to me, he says, so what you do is you generate a great deal of energy in your root chakra and then you pull it up into your heart space and you breathe it towards them.

(00:10:56):

Like I'd stepped through a portal into another dimension because here I was with this old farmer dude and it was such a good lesson on judgment the whole time he's been approaching me and the line he's getting further and further up the line, I'm thinking, oh God, what's this old fella going to say? I'm going

to have to just nod and go, yeah, that's probably a good idea, whatever he says because I'm probably not going to agree with it. And then he pat that out. It was just one of those moments where he'd go, oh, you're a judgmental prick that

Jenna Darko ([00:11:27](#)):

I remember you telling me that. And I remember one of the things that you said was he looked about the last guy on the planet who would have to say what he had to say. And I think I saw him later in the next day or something. I mean a guy totally fit that description. And I probably would have overlooked him too out of that judgment of what do we tend to think really sensitive people who have knowledge about chakras and energy and working with horses in that way would look like. But I'll tell you, that's what I mean about the hidden gems in Minnesota. Not everybody is like that open and aware, but we have a lot of it that exists and sometimes it goes pretty hidden. And so that's where I think that there's these hidden gems that we might be able to just bring that forward more and more and that this will be a really strong place for this kind of understanding,

Warwick Schiller ([00:12:20](#)):

I think whether they're consciously spiritual, whatever. But I think there's something about safe farming, being a farmer or whatever, you understand nature, you know, can't speed it up. You are dealing with the seasons. And I grew up on a farm and the weather's a topic of conversation. If I talk to my father on the phone, how's the weather? You had any rain? That's the conversation. But I think the further removed from nature you are the less, not necessarily the less connected you are, but you have to work harder to kind of connect to that sort of thing. Whereas if that's all, you know, might not even be conscious of your connection to the land or connection to nature because it's, it's not like you've got to step outside your world to go do that. That's part of what you do. Whether you farm and you plant crops or you raise animals, I mean, you kind of get it, you know what I mean?

Jenna Darko ([00:13:35](#)):

Absolutely. And it's the connection with the earth itself, with the soils, like you said, the crops. And I love that how you said the seasons, the cycles of nature, the cadence and timing that nature has all of its own, that if we are in harmony with it, we can be in flow. If we try to fight it we'll probably just suffer and struggle and frustrate ourselves and over water a plant or whatever it might be. But I think it is that being with the earth that does allow that connection to be very accessible and sewn within oneself. And that probably is the reason for what I'm saying about this region of the country where people here for, I mean large parts of the population and many people for their whole lives and for generations, work with the land are outdoors, are with the cycles. I do think it makes a big difference.

Warwick Schiller ([00:14:37](#)):

And I think that it might be just cultural too, but when you have generations and generations, the wisdom that they hand down to you is it's nature wisdom. It's not, I dunno if you want to call it city wisdom, but you know what I mean. There's something about, and the other thing I think it's really cool about that sort of thing is you almost have to give up control. You plant your crop and you dunno if it's going to rain or it's not going to rain. And it could be a great year, it could be a terrible year, but just like there's an optimism to farming because there's no guarantees.

Jenna Darko ([00:15:23](#)):

So true, so true. It's a surrender. You have to be with what is, you have to let go. You do what you can. It's not passive. You're very active in farming and then you surrender and what will be will be, and you'll harvest what you can harvest, but you have to sow no matter what. And I love that idea of looking at it as an optimism. That's a beautiful thing. And I think with that comes the understanding that you're going to win some and you're going to have some losses and that that's a part of the thing. It's not always going to be a quarterly increase every quarter, every year. And that success, you're going to have some years where the rain is deprived and the plants don't thrive, or you have a pest or a fungus that comes through and you have losses. And that's another thing that I think

[\(00:16:20\)](#):

Working with the land teaches us that there will be ups and downs. It's not linear. And it also teaches that we've got to rely on diversity and rely on each other. So if you have a monocrop and something comes in and that crop is weak with the combination of whatever is going on with the crop and with weather, then your whole field can get wiped out. But if you have diversified what you're growing, then there might be a different set of conditions of what can thrive. And you might have an area where you live and you're getting drought. We've had that this year. It's kind of flip flopped the north and the south this year versus last year, who got some rain. And we're honestly, I mean we're in trouble with drought here. There was just a huge sale on beef. I was at the store and I walked past the case and I saw that all of these beef prices were really low.

[\(00:17:16\)](#):

And then somebody told me, yeah, it's because we had such severe drought that many of the farmers have had to bring some of their cattle to early slaughter because they're not going to have enough hay and food to get them through the winter. And so they have to thin the herds by bringing 'em to slaughter early versus spacing it out for a matching with the meat demand. And so these are the real things that happen. And then lives are affected by that in this case of these cattle. I mean they're cattle that are bred for that purpose from the beginning, but they're going to die on a different timeline because of weather and growing conditions. So if you're like that broad spread, you're in real trouble. But here we had the south part of the metro area in the rural areas, very, very dry. But there was some rain in the north last year.

[\(00:18:10\)](#):

It was flip flopped. Well, if you're in community and in connection, you can share resources, you can help stretch it with each other, but the more that you're isolated, whether it's within a home, a community, a nation, or on the planet, if you're not working in collaboration and you're experiencing the isolation, you don't have as much resilience because you don't have as much of, though I can give a little here, take a little there, and it balances out. So I think that's another thing we really learned from being close to nature. That matters a whole lot. It's how nature works.

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

Yeah. Yes, it is. It's interesting you said about, it's about at the start of that you said it's about surrender. And so we have our journey on podcast in summit in San Antonio coming up here. We're going to leave in two days to go there. And I did a clinic in Washington this year and there was a horse trainer from Oregon who was in the clinic, and right now she's down here. What we're doing is I'm helping her out with a horse for a week and then when we go away, she's going to look after our place for a week. We're kind of trading out. So we have a young lady named Kendall who works for us who normally does that, but Kendall is going to come to the podcast summit with us. So Lily is down from Oregon and my wife's

and I have been taking ice baths for quite a while and there's a million benefits to these ice baths, but Lily had never done one.

[\(00:19:33\)](#):

And so we had to do an ice bath here the other day. And just this morning I was out in the arena helping her with a horse before we came on this podcast. And we kept talking about the ice bath. And she said that when she got into that ice bath the other day, her whole body was freaking out. Every cell in her body was telling her you were in mortal danger, get out as the fight or flight sort of thing. And you've just got to breathe through that and you basically got to surrender to it. And she did great because on the outside we didn't know that she was freaking out on the inside and the outside. She kept it together. Robin's now certified in coaching people through ice baths. And recently she had a couple of friends come over and do their first ice bath.

[\(00:20:20\)](#):

And both of those people hyperventilated really badly at the start. So like your body, you're pretty sure you were going to die. And Robin's right at the end of the tub there looking 'em in the eye and just talking 'em through it, focusing on their breathing. And it's so cool to see them go from the look on someone's face when in a nice bath and they start to hyperventilate. It doesn't matter what you would do to a human, it doesn't get any more scared than that. It doesn't matter what horrific thing they're going through. And so I was talking to Lily about it this morning, she said, yeah, that's what it's like. And I said, well, that's the great thing is that getting in there, you are going to be safe. You're going to come out the other side. It's not like jumping out of a plane. You don't know the parachute's going to open. You've got a fair idea, but you don't know for sure the parachute's going to open and getting in that nice bath. You know that you're going to be safe coming out the other end and that allows you to surrender in there. But yeah, it's so cool to expose yourself to that and experience it. Yeah, it's all about surrender, but it's pretty cool

Jenna Darko [\(00:21:38\)](#):

About surrender. But I also worried we can bring that back to where some of this conversation started. If you know that you're going to be safe throughout that, you're going to come out the other side of that experience safe, then it's much easier to surrender. Even if it's really difficult, there's a part of you that just knows hang in there, be with let go. And you can really do that. And as a humanity, we go through life experiences that might similarly trip the switch of our survival response, that sense of I'm in threat. I'm possibly in harm's way, there's fear, there's a life or death reactivity going on in my body. And many times these are things that are not life or death or related to modern day stressors that don't have a physical impact, but we may feel that way and our body doesn't know the difference.

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

If this is a physical threat to my life or if this is an emotional stressor. We've got one nervous system that has a stress response and it's going to react to physical and psychological stressors alike. And so if we know that we're held, Robin holds those people with her eye contact and that reassurance, she holds 'em with her knowledge and her understanding and her probably subtlety of being able to read them and see where they need her to be. They're more active or giving them a little bit more space, relaxing, more, holding some strength like you've got this, she can kind of read that in a tune. Well, nature does that with us too, I believe. And it comes back to the root chakra that if we are rooted in our connection to the earth, our connection to the earth, not just as the place where we live now, but as a sentient being, that actually holds us beyond life and death even so that even if the worst case is death, we're okay and that the earth holds us in a pulse where life supports life.

[\(00:23:33\)](#):

If we feel that sense truly in our being and it is in the root chakra, that knowing is held, that connection between our body, which is made of earth and the earth, which is this great body that's actually made of all of us. The earth doesn't just stop at the Earth's crust, the earth extends into the atmosphere. And that means that it goes through the whole biofield of all of the plant life, the mineral life, the plant life, the animal life, the human life that's in that. And if we really understand how much we are rooted together with the earth and with one another, and we know we can surrender, we can be in this flow of life no matter how cold or scary it may get.

Warwick Schiller [\(00:24:14\)](#):

Yeah, I think that the ice bath thing is, I've talked on the podcast before about, I went to Florida and did a three day ayahuasca ceremony a few years ago. And here, I haven't talked about this before, but I might as well talk about it now here. Probably a month or so ago, I did a guided psilocybin journey. So that was what they call a god dose of mushrooms. It was five and a half grams of mushrooms. And this is not done. This is not a party setting, this is not for fun. This is for serious work. And I'm not suggesting anybody goes out and does just jacks around with this stuff. But during that mushroom journey, I worked through a lot of stuff. There's a lot of fear, but I let go of something during that eight or nine hours or whatever it was.

[\(00:25:14\)](#):

I let go of something in that. And since then I have been able to take probably twice as deep a breath as I've ever taken my entire life. I used to be able to breathe in to a certain point and then it stopped and I thought that was normal. Okay. The next day after that, I was sitting somewhere and I just had a big old, and I breathe in and in and in. I got to the point where it'd normally stop and it just kept going in and in and in. When I let that breath out, it's like my whole body melted. So, and this is talking about root chakra stuff. There's been something that I've been like some tension, some clamping, some fetal position sort of stuff that I've been holding onto all my life that didn't even know I was holding onto it.

[\(00:26:05\)](#):

And somewhere in that day of journeying through things, working through things, I let go of that. And it's so funny that to let go of something you didn't ever know you were holding onto, and it wasn't like, oh yes, I let go of a certain thing like, oh, I am enough. Or a childhood trauma that you hadn't worked through. There's nothing specific that I can remember from that whole experience. But to come out the other side of it and having let go of something that you've always held onto is one of those things that's like, well, what else am I holding? What else is there? How much more is my body doing that I don't know, it's doing what traumas have I got that I'm holding onto in different parts of my body? And it just makes you curious about that, but it is about, that's what I was going to say about that is going in, you're going to survive.

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

I don't think you can know Dion Mushrooms, don't quote me on that, but I don't think they're, all the plant medicines that they're psychedelics, all the plant medicines I don't think you can overdose on. They're not like other drugs like cocaine or they're not really drugs. I think they're medicines. And as I think it's Rick Dolin says non-specific amplifiers of consciousness. And so they're just an amplifier of whatever's going on there in the first place that maybe you can't access that stuff. But yeah, it does it. But anyway, yes, going in that you're going to be safe and it kind of allows you to lean into it. I'll tell you what, it's still bloody hard to lean in when you're in there, but at least going in, you're going to be safe. And I think in say the Ayahuasca thing a few years ago, in the middle of it, it's bloody terrifying. But you

came out the other end and you're like, oh, that was when I came home from that ayahuasca retreat, Rowan said to me, how was it? And I'm like, that's the worst thing I've ever done, and the best thing I've ever done all at the same time, bloody terrifying. But you come out the other side and you're like, oh yeah, I let go of some things, work through some things. So yeah, it's pretty amazing stuff.

Jenna Darko ([00:28:33](#)):

That is amazing that knowing that we're going to be okay transforms. I think the ability that we have to let go and then get in all of the benefits, like you said with that exhale, that breathing in more deeply and exhaling more deeply than you even knew was constricted. How beautiful. And I think that's a great question of, well, what else is there that's constricted within? And how might it be if that were to be liberated? How might it be if that were to become freed up? What would we experience? Any one of us that's still holding something that we don't even know that we're holding or constricted in a way we don't even know could be contrasted with a new openness.

Warwick Schiller ([00:29:23](#)):

I presented, it was the International Liberty Horse Association Festival in Kentucky recently put on by my friend Dan James. And on the Sunday night after we're done, we went back to Dan's house and we're all hanging around, and I was kind of telling him about some things and Dan looked me in the eye and he said, how different would your life be if you weren't afraid?

Jenna Darko ([00:29:46](#)):

Whoa. Yeah.

Warwick Schiller ([00:29:49](#)):

And it was like, yeah, I think it would be quite different. But working through that stuff like that thing I let go of doing the mushroom thing, that was some fear, that was some tension, that was some holding onto something or other. And yeah, it's just interesting to kind of consider how to be on the other side of it. And I had spent 50 years not knowing there was thinking that the way I was was the way I was, and there was no other way to be. And as every one of these little discoveries you have, the first one, you're like, oh, the first awakening you have, oh, I view the world completely different than I viewed it before. And actually there's something to do with the Midwest because my first, as Brene Brown says nervous breakdown, her therapist calls it a spiritual awakening happened after presenting at the Midwest Horse Fair in Madison, Wisconsin a few years ago.

([00:30:47](#)):

I was with three other people that night and this spontaneous thing happened, and they all looked at me. Yeah, they've obviously all had something like that happen before, and I'm like a virgin to the whole thing. And so the next day there was a man and two women there, and the next day I'm talking to the men, I'm like, so when's the next one? I'm like, how do you get more of this, blah, blah, blah? And he's just like, chill the hell out, dude. It'll come when it comes. But it was funny him telling me like, oh yeah, it's okay. That's not your last one. Just chill out and let it happen. And he's like, just, it's okay. Just let it happen. So it's a surrender thing.

Jenna Darko ([00:31:31](#)):

Yeah, I definitely agree on that. And that wanting to hold onto it is so natural because you're like, whoa, this thing is so cool. There's something amazing here. So I've experienced that too, that wanting to hold



on, and then it does change, so that surrender to it, letting go and ebbing and flowing. And then I think there can also be the opposite that I've experienced. I don't know about you where it's like, oh, here it comes. And sometimes then I'll start to brace against it a little bit until I remember, oh, to settle in and let it unfold. And for me, it's nature based, just my own body chemistry and experiences that can activate those kind of pathways. But it sounds very similar to me, what you talk about with the plant medicine journeys where you've got to surrender into, it's happening now. There's an accentuation of something surrendering into that. So isn't that funny? We have to let go and relax into both. It arrives in and passing.

Warwick Schiller ([00:32:30](#)):

Yeah, I recorded a podcast yesterday with a lady that's an astrologer, and I was telling her about something that's been probably since that experience with the psilocybin is I will have these spontaneous, so there's a dimension you're go into on psychedelics. I've had these spontaneously going into those dimensions without psychedelics.

Jenna Darko ([00:33:00](#)):

Sure. We have the neural pathways. So if the psychedelic can trigger something in our neural pathways, it means we have the neural pathways. We can do that with our vessel.

Warwick Schiller ([00:33:11](#)):

Well, when you go into, okay, you said your intention, you go into, you're going to take these psychedelics, you're going to go to these dimensions and whatever. That's one thing when you're sitting in a chair in the afternoon and one half of your body goes in another dimension and that's open for you. So the first time it happened, I was actually laying in bed. I had covid, so I was laying in bed. It was the middle of the day, I was laying in bed and exactly one half of my body down the middle from my head, basically down to my groin, my leg, my arm, everything on that side went into that dimension. And my other part of me was still in the room, and it was like it becking me to go all the way in. And I'm like, and it disappeared. It went away.

Jenna Darko ([00:34:00](#)):

Yeah. Oh, interesting.

Warwick Schiller ([00:34:02](#)):

And so I've talked to someone to guide me through this stuff and he said, oh yeah, you can just relax into that and let it happen. So I've had a few more times to where, and sometimes it comes to me like falling asleep to where you get that feeling and instead of shrinking back from it, I just kind of breathe through it. And I think just recently I actually got fully in there. I allowed myself to go fully in there. And it's been a bit of a process when these things happen of I'll let go a little bit, but I still want to keep one foot in this place. But I think the last one, I kind of let myself go in there. And for me, people have out of body experiences to where you see yourself come out of your body and you're floating around or whatever, or you'll have an out body experience where you're sitting beside yourself and looking at yourself.

([00:34:53](#)):

And that would scare the crap out of me, I think. But these are more, it's just that dimension you go to that's more real than this one on the psychedelics. But it's kind of spontaneous. And like I said, the first

time it happened was it freaked me out. I had to dial my friend and what the hell's going on here? And he said, oh yeah, that's the way I looked at it was the end. It was like an ego death thing. If I go in there, this goes away forever. This plane meron here, here, my family, everything will, I'll never see them again sort of thing. So when I got talked through it, he goes, oh no, it happens to me all the time. It's like, you just go there and you come back. I'm like, oh. And once again, it's that knowing that you're going to be safe and then surrendering to the thing happening. And I'm actually, I spat the story out yesterday, so I'm telling you today, but it's still weird to talk about it as in, Hey, every once in a while I'll spontaneously leave this dimension and go to another place.

Jenna Darko ([00:36:00](#)):

I get it. And I love that you have people in your life where you can say to them, this thing just happened. And they get it. They have a map, they have their own direct experience. They know. So then they can validate what you're experiencing, reassure, give some of that experienced insight. And I think that these are the kinds of things that happen sometimes to people and they don't know, and they don't know who to turn to ask these questions. And unfortunately, if you go to people who think that they have a lot of knowledge about the human mind and consciousness and the experience, but their training doesn't encompass some of these more expansive, I don't even like to even anymore really call them altered or alternate states because some of what we progress to as we increasingly have the ability to let go of all of these different blockages is increasing freedom.

([00:36:57](#)):

And it actually is returning us to our most essential state. It's returning us to our truth. The more that we unblock, let go, unwind anything that stands in the way of it. But there are a lot of paradigms in this world that would hear something like that. I left this dimension where you would be labeled crazy or I mean, that's just a nickname word, but there's a lot of labels that are very specific and medically based things like psychosis or schizophrenic or manic or that was the field that I was in where those labels become thought of as the benchmark for the norm. But unfortunately, many people who have that consensus on what is a normal state and what is an altered state from their view, don't understand what is our most heightened sense of awareness when we are really with the wholeness of our being.

([00:37:58](#)):

And it can look confusing to people who don't have that map. And it looks beautiful and a real unfolding of us meeting the depths of ourselves to a person who does understand and have those maps. So I think work that it's a real service that you're doing to the world to share your experiences and to have other people on the podcasts like this who can also share their experiences. And it comes from a place of intelligence and a place of really caring to live practically great, where it breaks down stigma, it breaks down questions of what is experience. And I think that it's just wonderful and a really great contribution to our society and to our horse community. And I thank you so much for it.

Warwick Schiller ([00:38:56](#)):

Oh, you're welcome. I'm just sharing what's happening. It was interesting when I made that phone call to my friend, I'm like, A thing just happened and it scared the crap out of me sort of thing. And he's talking me through it and he said, it can be scary to go there without somebody there with you to reassure you. And I said, is it easier if someone's there? And he said, oh yeah, it's much easier than someone there. They kind of keep you grounded. And so I told Robin all about it, and I said, okay, there's a possibility that at any point in time, one of these might happen if I'm sitting with you somewhere sitting on the, you know what, actually probably six months ago, one started to happen. I was watching,

Rob and I were sitting on the couch watching TV one night, and it started to happen and I shrunk back from that and I like, holy cow. So that was even before the psilocybin experience. So I've had a conversation with Robin. I said, okay, these things might happen at some point in time if we are sitting on the couch or whatever, if we're anywhere together, can I just spontaneously look you and I say, Hey, I'm going there. Hold my hand.

Jenna Darko ([00:40:13](#)):

Yeah,

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

Well, the night on the couch six months ago, whatever it was probably one of the things that held me back apart from my own fear is I don't dunno what I'm going to be doing, what my physical body's going to be doing while I'm there. And I didn't want to freak Robin out. Robin has some anxiety and I wouldn't want her to think I was having a seizure or I dunno what happens when you go to this places, what the physical body does. It probably just sits here like it's asleep, I imagine. So that was one of the things, I wouldn't want to freak her out, but I've told her about it now. So yeah. So she's ready for me to hold her by the hand and say, Hey, I'm going to that place. Stay with me. I actually had a weird thing happen recently again to where I didn't go to that place. That place came to me. And this might sound wacky to some people, but you may understand this, Jenna. I get it. Yeah. I was sitting actually on our coffee table facing Robin. Robin sitting on the couch and her dog holding me, sitting beside her, and I am talking to her and all of a sudden her and the couch, I kind of felt that feeling coming on that I was going somewhere. And instead of tightening up, I just kind of surrendered and started to breathe into it. And

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

Robin and the dog and the couch basically turned into a hologram.

Jenna Darko ([00:41:49](#)):

Interesting.

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

A little bit like the princess. I think Princess Leia was projected onto something in the original Star Wars. She was there, but she was going to see through Robin. But funny, the room behind her was not, it was like this dimension, Robin and the dog and the couch were all almost, they were glowing and they were like a hologram. And I just surrendered into it, and I'm just having a conversation like this right now, except the person I'm talking to is not three D. And then it slowly went away, but it was kind of interesting. So I, I'm very early on in the journey of any of this stuff, and I'm not sure where that goes to, but that one was really good because instead of me, I have a lot of fear when it happens. I have this fear of leaving this dimension. Well, I was still me, I was still in this meat suit that I wear, and that dimension kind of came to me.

([00:42:49](#)):

So it was really, I dunno if that's the universe telling me, here, I'm going to ease you into this stuff, here you go. I'm going to make this easy for you. You don't have to leave, but you still experience that thing. And then it went away. And then I said to Robin, why just had an interesting experience while we're talking then. And I had to tell her what happened. You and the couch and the dog were all like a hologram and you were glowing and you were vibrating. And I'm not sure, I think I could feel them vibrating, but it was interesting because I didn't have to give up this to get that days,

Jenna Darko ([00:43:20](#)):

You don't have to give up this experience of this bond, this experience of this tangible earth-based life that's really concrete, that you live in this body to experience that, because that's actually the true reality of what this experience is. There is this light that shines through us. We just often perceive it as very dense. So you had that moment of seeing some of the luminosity where like you said, you sort of see the space between, you see the spaciousness, and that's actually more of the truth of how vibrating was the word you used it. It's like this pulsating, vibrating, fluctuating experience of matter. And so you were starting to perceive that we're not all that still. We're not all that solid. We are constantly at the atomic level, subatomic level, fluctuating. There's this vibrating experience. And actually, if you're to really truly see your own hand, not just with the normal perception that we have with our human eyes where it looks solid, if we were to actually be able to see it more clearly, we would see that there's 99% more than, I don't know exactly the numbers offhand, so I won't say, but it is more than 99% space.

([00:44:37](#)):

It's just that the subatomic particles, the electrons and protons and neutrons are in such fast motion that it fills it in to our perception and we just don't see it that finely. Now we can know, oh, camera lenses see things with a number, a different refinement, and that's going to make a difference of what we see in the picture. Is it a really refined picture or is it kind of blurry? Well, our ordinary perception, that's what we would consider normal human perception is actually really blurry and we're filling in a lot of gaps. And the reality is it's not so solid, it's not so dense, it's not so continuous. It's more like how you perceived it always in this movement and fluctuation with a whole lot of space. And so I think that that's awesome. And just for whatever it's worth, when I hear you say that, I understand, and I have some of those experiences too, where it's that it's a sense of either or, either I'm in this dimension or having a more luminous experience and what is that?

([00:45:43](#)):

And yet it's the luminosity that is the truth. That's the true ground of our being. And so to be able to perceive that I think is wonderful. And it can be totally trippy and confusing. And I've had experiences myself where it has thrown my sense of reality through the ringer. So I don't say it lightly like, oh, good for you. You're experiencing these things as if it doesn't really freak the mind out at some points or feel very unknown. It is, and I still have a lot of unknowns, but I've been fortunate to have some really beautiful teachers and mentors come into my life to help me understand more and then to start building a sense of language for it. I mean, it sounds like you have with the plant medicine people and astrologers and these other people who are resources very much like that. So it's good to have good friends along the journey.

Warwick Schiller ([00:46:37](#)):

You definitely need some guides along the journey. Speaking of journeys, what I might do now is go back a bit in your journey and find out where all this started. So Jen, while I was talking about some of that stuff, and you said in the past talking about things like that people might think you are inverted crazy. And you talked about things like you said, the field you were in, you diagnosed schizophrenia and manic depressive and bipolar and all those sorts of things. Let's talk about the field you were in first, and then let's talk about what exactly you do these days. One of those people that it's not completely apparent exactly what you're doing these days. So let's talk about, you've got a PhD, let's talk about that. What's your PhD in?

Jenna Darko ([00:47:31](#)):

My PhD is in psychology, and I mostly specialized in trauma and suicide prevention. And I worked with couples and families, mostly couples and some quality of life stuff, some kind of run of the mill blues, depression, things like that. But trauma was the main specialty. So pretty in deep with the most painful things that people go through and giving space for some of that healing to happen. At that point in my life, it was from a psychological training standpoint.

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

And did you have a certain modality? Did you do E M D R? Did you do internal family systems stuff? Were you doing

Jenna Darko ([00:48:23](#)):

Yeah, some internal family system stuff. I was mostly trained in a very cognitive behavioral academic program. And then as I was practicing more, I gravitated more towards the mindfulness first and then more towards some of the somatic understandings of trauma and of the body and of recovery. So I think that, I guess I would just say it was sort of a blend of those kinds of things.

([00:49:01](#)):

It was like 20 years ago now that I was in grad school. I look back at that, I go, where did two decades fly? And so what we were learning was really different than even another 10 years. What started to become more available in terms of the somatic understanding, like Peter Levine's model, somatic experiencing and VanDerKolk's model of the body keeps score. And then I learned a really beautiful model as I was actually, I had departed from the field, and then I learned this model that's very neuroscience based and that is expansive in terms of what consciousness is. So this is a really inspired neuroscientific somatic attachment based model that's very sophisticated and lovely called comprehensive resource model. So I did not learn that while I was practicing. And interestingly, if I had, I probably would've deepened into that and continued practicing. But I think that the universe didn't give me awareness that that existed and connections with that group until after I had made my transition, because that's just more aligned with the life path that I am walking now. And I think with the purposes that I have. And so I had to complete that chapter and let go of it. And so I think I didn't experience, oh, this is really amazing, until after I had completed that chapter because I think I would've lingered where I was supposed to sign off.

Warwick Schiller ([00:50:26](#)):

In that little conversation there. You mentioned Peter Levine's work, then you mentioned Bessel VanDerKolk's work. And I've just, way back in the beginning of the podcast, I did a podcast episode called Books that Have influenced Me, and I've just done round two, actually, I've just added some more books to another one. But Waking The Tiger and by Peter Levine and The Body Keeps The Score by Basil VanDerKolk were actually two of those books in there. And it was books that have influenced me, not books that I enjoyed, you know what I mean? I'm not saying I didn't enjoy them, but have influenced me on my journey. And Peter Levine's actually, waking the Tiger was probably the very, very, very beginning of the whole thing. Oh, so things get stuck in your body. And so they were probably the very beginning of, in order to get unstuck, you have to realize that you are stuck in the first place.

([00:51:33](#)):

And I had inverted the perfect childhood, so I didn't ever think, I often wondered, I had the perfect childhood, how come I'm screwed up as someone who didn't? You know what I mean? And I think that question had actually been bouncing around my head for many years under the radar, without even me

even knowing it was there. But yeah, so I'm glad you mentioned those two because those are two of the books that I've mentioned. And the good thing about that is, I mean, I'm not a smart cookie, so I don't have a PhD in psychology, but you don't need to in order to read those books and then stare at your belly button for a while,

Jenna Darko ([00:52:12](#)):

Right? Totally. Totally.

Warwick Schiller ([00:52:18](#)):

Yeah. Not written in, sorry, go

Jenna Darko ([00:52:21](#)):

Ahead. And there's the academic smart where, okay, I've read all of these books and I have this as a filing system for that reference point. And then there's the ability to encounter life, encounter information, put it together in applied way, live it, experience it, digest it in a way that then you can speak it to other people, draw out in other people their experiences and wisdom. And so, man, in terms of being a smart cookie work, I think the brilliance that you bring to the world and how you see things and experience things is right up there with any, I know a lot of PhDs, and I'd put you right in that same room of colleagues.

Warwick Schiller ([00:53:04](#)):

Thank you. It's funny doing clinics over the years. I've said this before, but I tend to learn the science from the backend, meaning like say, my fascination with polyvagal theory now, I started doing things with horses a number of years ago that wasn't doing much at all, but the results from what I was to their nervous system was completely amazing. And the more I did it, the better it was. And I still had no idea. I guess I had an idea why it was working, but I didn't have the scientific, and then when I started, when I found about polyvagal theory, I'm like, oh, well, that's why that works. So I tend to come to the science from the backend. But over the years doing clinics, a lot of times there's someone in the mental health field who might be watching the clinic or something, and after the clinic, they come up and they go, that thing you're doing with that horse, that's what we call successive approximation. Yes. Or what you're doing over there. We call that titration. And so I would have people from the mental health field give me names for things that I was already doing that I probably figured out intuitively or whatever.

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

So then when I would, the next clinic I did, I'd say, I've been doing this and oh, I've been told by someone in the mental health field that this is called successive approximation, or this is called titration, or this is blah, blah, blah, blah. So I get a little bit of a knowledge of the non empiric part of it, the taught part of it from people like yourself. But I cannot take in vast amounts of information you would need to end up being a PhD or something. Like Robin, my wife can, she was in human resources for 25 years. And so in California, California has more labor laws than any other state. And so she was an S P H R senior Professional of human resources, which is a, it's like passing the bar. And she did it once, and then we moved back to Australia for four years.

([00:55:06](#)):

And when we came back and it had expired, so she had to do it again, and she could just sit down and read stuff and take vast amounts of stuff in that. I pretty much struggle with that. But I think I struggle with that. I have trouble focusing on one thing for very long. And I've had during, I think I've talked

about this in the podcast before, but during the early parts of Covid, my son had graduated from college and was home living with us and working for us, just doing stuff on the computer business stuff. And he decided, Hey, if I'm working from home, I can work from anywhere. And his best friend was in Hawaii, his best friend, he was from high school, and they'd been in a band together because I'm going to move to Hawaii and play music with Robbie. I can still do this.

[\(00:55:56\)](#):

So he's been living in Hawaii since then. But when he left, and it was just Robin and me stuck at home during Covid, can't go out anywhere, we'd never spent that much time together. It got kind of ugly, really ugly. It was like as bad as we've ever been. So we found a therapist online, a counselor online. And so we started having these Zoom sessions with her. But at one point in time during that, she said, have you ever been diagnosed with A D H D? And I'm like, no, why? And she goes, you have some things that makes me think it's a possibility.

[\(00:56:37\)](#):

I, well, I don't think I do. Have you ever heard of the A Amen Clinics? Yeah. So since we've been out and about from covid, I've actually been to the A Amen Clinics. They do PET scan on your brain, one when you're active, one when you're relaxed or whatever. And then they map your brain, the teeth, they have a look and see what's going on there. And for me, they said, okay, you've got not chronic, what's the word? So I've got P T S D. It's not complex. What be the word, complex, P T S D or might've been that there was an adjective in front of it, a descriptive like severe chronic, one of those. Anyway, it's some type P T S D depression and whatever they thought I might have been had a D H D. So after you do all that stuff, then you start having Zoom calls with a psychiatrist and he looks at, and then you fill out all these questionnaires, there's like, that takes you like three hours to do.

[\(00:57:42\)](#):

Then they take all the information, start working with you, and he said, your scan looks like you have a D, H, D. But from putting two and two together, we don't think you do. But I think there's something in there, a little bit like that. But anyway, the whole moral of this story is I can't take in huge, vast amounts of information all at once. Empirically I can learn things, but not as well book learning. And the other thing is after, I dunno how many sessions we had with that lady, we're doing once a week for quite a while, but then things got better than ever. So it's never too late to reach out for help. And what it was, it is just being locked in the house with people with horses, usually they ask a question about their horse, and I want to fix this thing, and I'll ask 'em a lot of questions.

[\(00:58:41\)](#):

And it turns out that there's a much smaller version of that thing that they're quite happy with. It's only when it gets dangerous that I want to fix it. And I have a meme that I sometimes answer questions on Facebook with, and it's a picture of Heath Ledger as the Joker. So his head's on the side, he's got the Joker makeup, and he's staring directly at the camera lens, just complete deadpan. And that meme says, no, things are not getting worse. They're just becoming more apparent. Oh, yes. And when Covid happened, and Rob and I were stuck in the house together and we're kind of at odds with each other when we got help from a marriage counselor online, it wasn't nothing to do with being stuck in the house with Covid. It was just these unresolved things that we hadn't worked through that. Now that we are stuck in the house with Covid now it's more obvious they're not getting worse. They'd just be getting more obvious. And it was just going back and working through just little things that had stayed stuck in each of us for quite a long time. It was not a pleasant process, but it was really good at the end of it. Any of that work, I imagine?

Jenna Darko ([00:59:49](#)):

I think so. I think that's such a parallel of what we've been seeing in the world the last few years too, where people start to say, oh, these things are getting so much worse. It's like, well, it's already been here. Somehow it's getting more apparent, which is a blessing because then you can deal with things and then reset, just like you said. Now it's better than ever. I believe that that's a journey that we are on right now, and that if we can approach it that way and do what it takes to get some things unstuck and clear some things up and reset, that we might have the best world on our hands and we can conceive of, even if it feels right now, like, oh man, there's so much stuff that feels really tough, really off difficult.

Warwick Schiller ([01:00:29](#)):

You just said we could have the best world, and you seem to be on a quest to help people get to their best world or have this world be the best world. And there's so many things that you're doing right now, but I asked you before about what your field was back then. Oh yeah. What are you currently, what are you currently doing? What are you currently working on? And you've got this film thing that you've been talking about for years. I want to hear about that too.

Jenna Darko ([01:00:59](#)):

Yeah. Well, it all fits in together and for years at the beginning, it felt like I was piecing a few different things together. I knew that the horses were always an important thing in my life. I knew that some advocacy and helping create more systemic support for the human journey was important to me. And then I had this creative part of writing the film. I knew that pretty naturally I can meet people and see into some of the gifts and talents that they have, the aptitudes. I can see how they could fit in with other networks and how various configurations could synergize some change and get things moving in groups, working together organizations. So for a while it felt like I was doing all this different stuff. And then over time, I came to realize and I came to meet other people who care about these same things too.

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

And so then you can start to talk because you're really able to get to the heart of what's important to you. And I just started conceptualizing that. Okay, we're in a bit of a birth canal as a human species. We have experienced ourselves up to one point, and we're going through this time where we're in the dark. There's these pressures and contractions, and we could see that as we're being the world, as we know it is being rocked. But I mean, that's probably what a baby feels like as they're in the birth canal too. The world as they've known it is really being rocked. And then there's some process that happens in something completely new. So in some ways, I think that I'm just in multiple facets helping midwife our humanity through an evolutionary phase so that we can understand that we're not these fragmented beings that are primarily at conflict and war or chasing sparkly things and trying to achieve success by whatever standards the world has had over at least our lifetimes in a few generations.

([01:03:00](#)):

But that there's a new possibility for us to live more in alignment with our deeper potential. You've said at the beginning of when we were talking at, if we started to remove some of these blocks and constrictions and open up and be free and have deeper breath come online, deeper awareness come online, what might it be like? I believe it might be really different. I believe that because of my own experiences of it becoming very different and yet realizing that it's always been within anyway, it's just a process of having a process and coming into more awareness. And so I think that's where we're at as a humanity. The birth metaphor works for me. The other is that of more of a transformation of a



caterpillar transforming into a butterfly and that we're in a chrysalis stage right now, and the caterpillar has to be completely undone.

[\(01:03:56\)](#):

It goes through a period where all of the cells have let go of their old conditioning, their old ways of relating to other neighboring cells. They go into a period of dark black goo where everything is undone, and then there's these little imaginal cells and they start to vibrate. They start to activate and they've got a template of something. So all they have to do is be themselves and move a little bit to where they're inclined to move. They start lining up with other new cells that are doing the same thing, and then they can form this structure of a butterfly. And it's a completely different creature, but it has the same continuous thread. I mean that DNA is the same of the butterfly and the caterpillar, but the creature and how it expresses itself is very different. And it goes through a really major transformational process.

[\(01:04:40\)](#):

And that's where I think that we are as a humanity. So everything that I do is in service to that. My favorite part of it right now probably is twofold. One is imagining the films, and then the other one is networking with people who are like-minded so that we can draw on one another's strengths. It kind of line up like those little cells on the caterpillar that has gotten to go and is not even knowing exactly what it's going to become, but it will become a butterfly if it makes it through the process. So it's the networking and the film pieces of this that are the most near and dear to me. And as I do that, I'm seeing as networks of people are coming together. There's room for restructuring our structures of civilization and society. And so that is kind of an organic process that's at work.

[\(01:05:28\)](#):

I think that we'll hit some thresholds, whereas enough people amass together. We'll have some new creativity that helps us solve some of these problems. We've been ingrained in problems like with depleting the soils, agriculture practices, the cruelty to animals, the food scarcity that we have, especially with children who are and socioeconomic disadvantage, getting the nourishment that they need, the sense of conflict that we have of is there enough food? Is there enough water? All of these things are deeply brewing and they're intensified right now in how apparent they are. The problems have always been there. The fractures in these ways of relating have always been there. But I think that as we are under this pressure, some new genius will come through and we might be very surprised as we rely on that inner wisdom and the inner wisdom of us coming together as collectives, how our humanity might be as we get on the other side of this process of change and birth.

Warwick Schiller [\(01:06:29\)](#):

It's interesting you said those fractures have always been there, but they haven't actually always been there. At some point in time they weren't there. Absolutely. And then we started going down a path that leads us to our current predicament, but they weren't always there and everybody that listens to the podcast, no, I'm really big on indigenous wisdom and interested in shamanism and all that sort of stuff. But back before, so have you ever read a book called Ishmael? Yes,

Jenna Darko [\(01:07:09\)](#):

I love Ishmael.

Warwick Schiller [\(01:07:10\)](#):

Oh my god, yes. So Chrissy McDonald, mark Rashid's wife's the one that she actually sent me the book. She said, have you read it? And I said, no. So she sent me a copy and 10,000 years ago, we made this split off to where we started growing more food than we needed. Yes. So we went from hunter gatherer to agriculturalists, and that's where things major division, that was the beginning of the beginning of, I don't know how many hundred thousand years we'd lived before that. Without that, I think everybody was connected to nature and everybody was connected to each other, and it was just common knowledge and then all these other stuff's happened. So it was just going back to the beginning of that.

Jenna Darko ([01:07:55](#)):

Yeah, absolutely. And we departed and then we've had a lot of generations where we've lived in that fractured line, and so we've accumulated a lot of sense of, oh, this is normal, or this is what we do, this is how we do it. But you're right, we can trace that back and go, it was different before and Oh yeah, I love this kind of topic. There's so many directions we could go. Where do you feel inspired based on that?

Warwick Schiller ([01:08:27](#)):

When I had Rupert Isaacson on in the first year of the podcast and he was talking about all his time with the Koi San Bushman of the Kalahari and how they're one of the last remaining true hunter gatherers and just their outlook on life is completely different than especially our western way of looking at things. And it's funny, you have a PhD in psychology and a lot of the things that are coming out in psychology now, like gal Matt's work and all sorts of stuff to where it seems like the science is catching up with the way it had been done before. Like Rupert Isaacson talked about. We didn't evolve to have our children sleep in a separate room. You know what I mean? Yeah. There's that separation. We evolved to have those children sleep close to us. We evolved to live in a village to where there's not one parent or two parents.

([01:09:27](#)):

There's, it's a community, 50 parents, and we haven't evolved since we live like that, but we don't live like that anymore. And so our nervous system is not really structured to operate like it's supposed to operate in this environment. And it was just little things like that that Rupert said that really interest me and all that sort of stuff. And we could talk about that for hours, but we're here to talk about you. So tell me about this film. There's a lot to it. If you could give me a quote by someone, what quote do you think would summarize where you're trying to go with the film, what you're trying to achieve?

Jenna Darko ([01:10:09](#)):

Yeah, this is great because what I'm trying to achieve and go with the films, in some ways it's so novel and complex that it's really hard to summarize it so it's easier to use some other brilliant person's words. And I could say, yeah, I point to it like this. And one of these brilliant people that I love to study because when he puts things into words, he's a deceased person now, but putting these things into words, I read it and I go, yeah, that's it. So this is Nicola Tesla. It's going to take a few minutes and I'm going to speak into a few different blocks within the passage, but I think that it's worth the time because it really will summarize several hours of film. Tesla says, when we speak of man, we have a conception of humanity as a whole. Can anyone doubt today that all of the millions of individuals and all the innumerable types and characters constitute an entity though free to think and act? We are held together like the stars in firmament with ties, inseparable. These ties cannot be seen, but we can feel them. So in the films, we'll use special effects of visuals, light, color, shape, geometries, and sound for these effects of energy, frequency, vibration, the sense of threads and colorful connections that interweave our lives.

[\(01:11:36\)](#):

Tesla says, I cut myself in the finger and it pains me. This finger is part of me. I see a friend hurt and it hurts me too. My friend and I are one. And now I see stricken down in enemy, a lump of matter, which of all lumps of matter in the universe, I care for least. And still it grieves me. Does this not prove that each of us is only part of a whole? So in the films using special effects, again to show how it is that we are what scientists, mathematicians, so forth, call in a holographic universe where every part of the universe, so the whole thing is contained within each part. So the entire universe is contained within me, and the entire universe is contained within you, Warwick and everyone. And no matter how small we break that down, the whole thing is still contained and it's fractal.

[\(01:12:34\)](#):

So it's this repeating pattern that is recursive and refracting and repeating over and over and this beautiful intricate tapestry. So back to Tesla for ages, this idea has been proclaimed in the consummate wise teachings of religion, probably not only as a means of insuring peace and harmony among men, but as a deeply founded truth. The Buddhist expresses it in one way, the Christian and another, but both say the same. We are all one. And so with these films, that's going to be a very key part of it too, that marrying east and west in a unified way of looking at this oneness of our being and not just Buddhist and Christian. Those are kind of the two main camps that Tesla quotes or that we could, in some ways we can divide the world into the distinction of east and west. But really Buddhism was rooted out of Hinduism, which was rooted out of yoga.

[\(01:13:37\)](#):

And then other traditions as well, such as Taoism would fall into that one camp. And the other lens of Christianity is based in the Abrahamic lineages, so the Judaic tradition and Islam as well. And so these are the metaphysical ways of looking at things. And then Tesla says these metaphysical proofs, however, are not the only ones which we are able to bring forth in support of this idea. This idea of our oneness science two recognizes this connectedness of separate individuals, though not quite in the same sense as it admits. The suns planets and moons of constellation are one body, and there can be no doubt that it will be experimentally confirmed in times to come when our means and methods for investigating physical psychical and other states and phenomena shall have been brought to a great perfection. So this is where the nerd in me gets so excited because our sciences are getting brought to that great perfection.

[\(01:14:40\)](#):

So we can see everything through the lens of scientific theory right now, it seems and about how there was this big bang, there was birth of the stars, evolution of the earth, planetary life came into being supported, the evolution of the human. And now there's science for how are we biologically conceived? How does our DNA work, how do our organs all function? We have this whole life with his body and then it starts to break down. We pass away. But there is a subtler spiritual science that is still needed to fill in some of the gaps. Even in this quote with Tesla, he talks about, oh, we are like the stars. We're connected. The stars are connected. Really we are the interconnection of the stars. We are cosmic beings, and we know this within every cell of our body. So the atoms in my foot, the atoms in my neck, in my eyes, in my pancreas or liver, may come from a different place in the universe as that crucible stars from the big bang spread out and everything was entangled and settling and reforming different planets.

[\(01:15:56\)](#):

And then this body gets formed out of all of that same material, that same carbon, the same oxygen, the same hydrogen. And so it is us, but we maybe can't yet connect ourselves in that way in the physics

laboratory because we don't have apparatus equipment that is refined enough. But the human body mind vessel can be that refined. It takes a lot of concentration and subtlety, but those subtle layers of perception, once refined, can perceive and then go on to be able to describe all of this interconnectedness. So that's what the films will be able to bring forward. Things like how does this take place at the level of the soul that there is the spark of conception? How is it that DNA gets activated from that sense of the higher light that is detectable through subtle perception? And then how as the sun and the moons and stars rotate, does that influence the rotation and the processes that get activated within the bodies of the organ, within the hormone systems, within our emotions and our relationships?

[\(01:17:15\)](#):

And there are sciences, there are astrological sciences that have long held this kind of wisdom. And there are people definitely now bringing that back through wisdom teachings to be able to explore this. And I'll just say too, this relates not only to the science of individuals and our relationships like he talks about and our ancestry, us as a whole species, but also as a soul that has gained experience over many lifetimes and has spiritual lineages from a diversity of constellations and planets because we are these cosmic beings, as I said, and we're entangled with the stardust and the cells within our bodies. Every cell has a mind and that mind knows where it is from in the galaxy and resonates in connection with other people who have cells that have that awareness. And that's how we find each other. And either we might really affiliate and feel fondness or we might feel repulsed and repelled such as nature.

[\(01:18:20\)](#):

So back to Tesla, he says still more this one human being lives on and on. The individual is ephemeral races and nations come and pass away, but man remains therein lies a profound difference between the individual and the whole. So in my view, it is to unite that wholeness, the individual in the whole, the difference and also the sameness that the individual is the whole in what might be called in the briefest sense, the theory of everything. And in terms of physics, that's a term that Einstein coined for people who know about what Einstein said that he was seeking for the theory of everything to unify subatomic particle physics or quantum physics with the very study of the largest structures like the galaxies in the universe. And in Einstein's lifetime, he did not of course solve that. However, now it is being done by Nasim Hermine and others are contributing various parts.

[\(01:19:32\)](#):

And so then it's even more expansive than just unifying physics. It can unify everything about consciousness, everything about existence, creation, life. And so I view a big contribution that I can make is about this human piece. Nasim has said that the human level of consciousness is the event horizon between the proton and the black hole. So it seems to me that if I'm able to sense and perceive and then see how to form this into a mythological story, to entertain people while revealing to us possibility for how to see life, I really should do that because it's a need and a request that's out there. And it feels like life has just kind of taken me by the horns and shown me that this is my purpose. And so I take that up as a sacred responsibility and honor, and I'm diving in and I hope people will join me to be able to create it.

Warwick Schiller [\(01:20:34\)](#):

What's really interesting about our society, we talked about, you talk about as you evolve, we trying to shed the cultural conditioning that we have and Tesla, Nicola Tesla is a great example of that. Think about in school when they're teaching you science and they mentioned anything about Tesla, they don't mention anything about that stuff. And Tesla was as woo as anybody. Tesla was big on connection and

energy between beings and all that sort of stuff, but they don't tell us about that. They don't tell us about that part of Tesla. They just tell us about scientific experiments and the straight hard science things. But it wasn't until probably five or six years ago that I found out that there was a whole lot more to Tesla than just a Tesla coil.

Jenna Darko ([01:21:34](#)):

Yes, exactly. And same with Einstein. He also was very deep into these things. He studied the ancient Vedas. I mean, he was very, very profoundly connected in a spiritual way, and Tesla was too. And interestingly, we were talking a little bit about science and the gravitational field, and I'm talking about technology and the inner technology of the body. It's advances right now that certain scientists who are meditators are making that is solving the questions and answering the questions and solving the problems that Einstein left off with and was not in his lifetime able to complete the picture of. And same with Tesla. He had started launching things but wasn't able to continue seeing it getting forwarded into the world in a large part because there was resistance in the world not wanting to receive these things because there's downside. You start having available energy. Well, what's going to happen to the fact that energy is something that we consume, and if it's something we consume, it's something we monetize.

([01:22:36](#)):

If it's something we monetize, it's something that we can compete over and do this whole game. But now there are scientists who are really starting to explore these things. One that I follow is Nassim Hermine, and he's unifying the quantum physics with the cosmological, the big universal structures, understanding that the human consciousness, as he says, is the event horizon between the proton and the black hole. There are scientists who are studying quantum physics and neuroscientists and bringing in all these topics of human consciousness. And a lot of that is what I've talked about. One of 'em is Dr. Larry Farwell who's created the science of Creating Miracles. And he's a dear friend of mine and he's very much invested in being part of bringing these films forward so we can understand the science of resonance, the science of human consciousness. And he understands that my heart is woven around horses and that that's a big part of the symbolism in the films as well as on the ground, let's get together and let's do this. And I think just noting on that, the symbolism of horses cuts across cultures anciently in all kinds of different cultures. Horses hold symbolism of spirit, hold symbolism of consciousness, of freedom, energy, all of the kinds of things that we're talking about here. So I think it's no wonder that these conversations are cracking wide open. It's always been a connection between the horse and these kind of conversations since cave drawing times and since the recording of ancient scriptures and texts. So I think here we are in modern day seeing what envelopes might push forward.

Warwick Schiller ([01:24:16](#)):

You've alluded to the film on here, but people listening will have no idea what this film is, what it's about. What are you going to do with it? Let's talk about the film like one of your big passions these days.

Jenna Darko ([01:24:27](#)):

Yeah, so it's a film series because it's going to take a few installations, a few episodes to be able to trace what is it about and how does it unfold for the viewing audience. So it can always be a little bit hard for me to distill it, but I'll try. Really it is about tracing where we are now back to before, like you said, that split or fracture. And there's multiple that have been made along the journey of human civilization. And if we go back far enough to any kind of sense of split fracture, fragmentation, we find ourselves in

wholeness. We find ourselves, like you said, in that total interconnectedness. And so it's a journey looking at where are we now? And I start with the first film of individual journey. So individuals going through these different journeys of coming back into some wholeness, and then we'll go into the collective more relational way and then the whole humanity and then the whole planet as we are sitting here with a bunch of different species, what will it be like if and when? Because I believe it's in some ways just an inevitability now that we come back into an experience of our wholeness.

[\(01:25:44\)](#):

It's really about perception of life through the lens of any kind of fragmentation. So trauma is something that fragments our perception. Conditioning can narrow our sense of wholeness. So things like practices, we are conditioned now to do this. We think that this is normal. We can't even see that there is something in our past that may be different. And yet in ourselves we know that we've experienced life differently before where there was a sense not of, like you said, we started growing too much food, then we had the storage, and then we had a sense that, oh, more is better. And that in order to have abundance, you need a lot. Whereas I think it is Brene Brown maybe who says the opposite of abundance, the opposite of scarcity isn't, abundance isn't a lot, it's enough, and that enough is abundant. We used to be able to live that way.

[\(01:26:39\)](#):

So it experience the abundance. So returning through this journey of the film to the truth of our existence now is that it is abundant, it is loving, it is peaceful, it is joyous. And we also experience some of these other challenges. So how is it possible if we look at well, what is fragmentation for the individual? What's fragmentation for communities? What's fragmentation for our whole humanity? What's fragmentation for the earth to be experiencing itself? Mostly because the humans have become so fractured, and if we can help through some fantasy fiction go from the surface appearance of things to the wholeness of things, I think if we just keep following that thread through some fantasy fiction, we'll be able to see the potential of seeing ourselves as whole and then actually starting to live and embody that. And at that kind of topic of wholeness, it's some of what I'll say is my work in the real world, why I would build networks and want to work with people who can do things on the ground to actually change and influence how we're living.

[\(01:27:47\)](#):

And the fiction side or the film side, the imaginal side is to rework our sense of how interconnected we are with our primary nature, or some people would call it maybe the creator or source or God, or we might call it the conscious unified field or the quantum space. There's spirit. There's so many ways that it's described, but it's our wholeness with that. That's within us. It is us. There's our sense of wholeness in our relationships and our connection with one another, that sense of wholeness in how we relate to the whole world, and then our sense of wholeness within the cosmos, within the universe. And so I call it helping us regain our sense of wholeness from soil. The stuff that's on the earth feeds ourselves from soil to cell and from cosmos to soul, and taking us on a film-based adventure where there are beings who understand the interconnectedness of that or who are standing in the place of having forgotten or having had a fragmented view and then remembering rediscovering.

[\(01:28:59\)](#):

So just uncover the wholeness that's already there, but we have hidden it from ourselves. We've got to uncover that in order to discover that it actually is the nature of our existence, the nature of our universe is connectedness, and that beings that know their sense of their connectedness with the stars, so it feeds back into the astrology and will follow some fantastic stories that are actually based in real life events. For a number of years, I thought, well, maybe the real life events are giving me some

inspiration, but then I'll fictionalize it entirely. And then over time, as I was keeping notes and keeping journals and writing on calendars and looking at this configuration, and I had this inner prompting that was basically telling me, no, it's actually going to have to be real life stuff. So you're going to have to really get courageous because you're going to share your experience.

[\(01:29:48\)](#):

And not only that, you're going to share the experience of those who are interconnected with you. And that's a precious thing to share publicly and a film way. And so I think it requires a lot of courage and a lot of trust and a lot of really pure intent with a lot of integrity and honor. And so it's in writing the stories of our real lives, our real existence where we are interconnected. We do still sense some fragmentation at times, but how can we see beyond that into this magnificent wholeness through the synchronicities and patterns that can give us little hints that can never prove it to us. We have to have that kind of as a direct personal experience, but it can illuminate more of what the mind could possibly be open to sense our wholeness, which is very, very expansive and abundant. So through a fictional lens of science like sci-fi, special effects, I can amplify the interconnectedness that we have with visual effects.

[\(01:30:46\)](#):

So you can overlay time, you can have a young person, boom, flip scenes, older person, boom, flip scenes back to a younger person. You could do that across lifetimes. You can do that across generations. You can do that across friendships where you come into each other's lives and you don't see each other for a while. You come back by having different colors and playing with light effects, playing with sound, playing with all kinds of graphic visuals that I think can lead us into a sense of how connected we are and following the real synchronicities, the real dates, the real connections to the cosmic patterns of the zodiac and the planets has become a very joyful process to me of consciousness proving itself as having a rhyme and reason to how our lives unfold and can become guided. We can get little guideposts when we start seeing synchronicities, and then we have a feeling inside that's like an inner yes.

[\(01:31:46\)](#):

And if we learn to hone that as a skill, then we can start to have a sense of really feeling purposeful in how we're moving along and noticing that we're moving, but we're maybe in so much flow that we're really receiving movement. And I think I can bring people through a story that sees that just through the synchronicities, that as I record them, are in sync with the stars, in sync with multiple groups of people coming together with lives that have patterns of maybe place word name interests and all these kinds of things that make up our lives, that take all of these fragmented puzzle pieces and put 'em together in a whole way that an audience can go, oh, that's us. This is really a beautiful thing that we're a part of, and maybe inspire us to continue to work towards that rather than be kind of lost in this fragmentation, which leads to ultimately all kinds of conflict.

[\(01:32:40\)](#):

And at the biggest sense of that, it's war at the most direct sense. It's like intimate violence, partner violence, the violence and conflict with the people that we are with or the animals that we share space with. And so it's a way of really looking at our interconnectedness in a way that honors the belongingness and preciousness of all life because it's only through fragmentation that we can hurt another. The right arm, the right hand is not going to hurt the left hand. And so if we know that that's our whole body, we don't do it to our own body. If things are in a flow of harmony, a flow of ease. Now, I'm not saying that this doesn't happen. Of course there are exceptions to this. There is self-injury and stuff like that, but usually with that comes a sense of suffering, which is a sense of fragmentation.

[\(01:33:28\)](#):

And if there's a sense of wholeness, then usually the right hand washes the left hand kind of experience. So if we can see ourselves as that as a humanity, I think that it can help break down these patterns of things like war that we see. So that's the hope. And actually, it's very interesting that this all came up because of the word fracture, because one of the things that has inspired me to write it and to write it as based on real life events and real characters that have been in my life is that I had a, when I was a child, adolescent, young adult, after I completed 10 years of education, she was with me that whole time. She had babies. I still have one of 'em now or I still have two of 'em now. One of 'em had a repeat experience that this marere had and my dog, they all had a leg bone that was severely, severely injured.

(01:34:26):

So either needed surgery or there was a fracture or the bone had to be suffered to be reset and a tendon issue. So I had three animals, a horse, her daughter and my dog with these bone injuries. And I kept asking, what is this? Because if this is repeating this many times, it's like there's something here to get my attention. And then one day I was driving, it was after the pandemic had hit. It was sometime in that summer of 2020 I was driving, and I remember I pulled my car over because there was a quote by anthropologist Mead that was this aha moment. And she said, or somebody was saying that she had been asked what was the first sign of civilization, and people thought she might say tools or agricultural things, building structures, but she said it was a broken leg bone that had been healed.

Warwick Schiller (01:35:20):

Yes, I've read this recently that there was, they found, oh, I don't know how old it was, but they found a skeleton somewhere and it's leg bone been, the femur had been broken and healed instead of, oh, you broke your leg, you're going to die. You're

Jenna Darko (01:35:37):

Going to die. Yeah. If you're left to your own devices in the world of the environment, you'll die. However, the person didn't die, the bone could heal because somebody came in and helped, provided, provided food, shelter, warmth, protection. And so it's in our bones. It's literally in our bones to help one another.

Warwick Schiller (01:35:58):

Well, it's not just in our bones. I mean, it's not just in our bones. He did not that long ago, I read the Secret Life of trees. Yes. And they do the same thing. They will send nutrients. There's a story in there about they cut a tree off, so it was a stump. So if a stump cannot get any nutrients, right,

Jenna Darko (01:36:23):

It just cut off.

Warwick Schiller (01:36:25):

They can't photosynthesize. But this stump was still alive because the other trees around it were feeding the stump. And yeah, that's a fascinating book. That book is one of those ones that you kind go, oh, even talks about trees having personalities. And yes,

Jenna Darko (01:36:46):

Of course, yes.



Warwick Schiller ([01:36:49](#)):

When you start reading stuff like that, it's like, whoa, it's not just our nature. It's all nature. It

Jenna Darko ([01:36:59](#)):

Is all nature. Exactly. And all of that nature is within our bones. It is within our DNA, the minerals are within our body, the plant structures are within our body. We share a lot of the same DNA chain patterns as a tree has. The animal DNA is repeated in large part in our DNA, we are all of it. And so this exactly is some of the things that the film series will highlight so that we can start seeing the interconnectedness and start seeing how nature is interconnected. So I love it. That is exactly on another film that is great. Is the fantastic fungi, I'm forgetting the name exactly.

Warwick Schiller ([01:37:50](#)):

I think it's called Fantastic Fungi.

Jenna Darko ([01:37:51](#)):

Fantastic Fungi.

Warwick Schiller ([01:37:52](#)):

I think it's a Netflix in it.

Jenna Darko ([01:37:53](#)):

Yeah. Because it shows that that's all going on in this interconnected mycelial way that, again, it's usually hidden to us, but the effects in that film, by speeding up the time lapse, you can start to see the growth by using specific cameras and lights where you can see it, you can see it. And so that's my goal is to help use special effects to make what is usually unseen seen so that we can start to see things the way that they really are in the interconnectedness that we have at all of those levels that we've talked about. And a lot of it is across kingdoms, right? So we say the mineral kingdom, the plant kingdom, the animal kingdom, that those are interconnected. And I believe that we are here to kind of have a new crowning achievement in awareness that is to be having much more planetary awareness. And I think that the trees offer us so much potential to really come into awareness of how interconnected we are and that we need to be in order to sustain ourselves.

Warwick Schiller ([01:38:54](#)):

It's interesting you called them kingdoms, the plant kingdom, the whatever kingdom. But when I had Jessica White plume on the podcast, she talked about nations.

Jenna Darko ([01:39:03](#)):

Nations, yes.

Warwick Schiller ([01:39:03](#)):

Standing, yeah, standing still nation, which is the trees, the natives. Americans would recognize them as a nation. Absolutely. The plants and the trees are the standing still nation. Yeah, it was very interesting in there. Somewhere in there you said something about abundance and it just made me think about out a g Matee quote. And so g Matee is one of the world's leading authorities on, I would have to say, on

addiction related to trauma. He says, all if you have addiction, you have trauma, you don't necessarily have, if you have trauma, you have addiction. But if you have addiction, you have trauma. It's all caused by trauma. But he talks about all the coping things that we use, and he said, you can never get enough of something that almost works.

Jenna Darko ([01:40:06](#)):

No, exactly. And

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

It's almost like this whole society, the way our civilizations got to more of this, that very materialistic, you can't get enough of something that almost works. I just love that. I love that saying because that's why you want more, more, more because this thing, it's almost working, but I need more of it and then it will work. And it's not

Jenna Darko ([01:40:29](#)):

That you're still left in the gap. That is you can

Warwick Schiller ([01:40:34](#)):

Never get enough of something that almost

Jenna Darko ([01:40:37](#)):

Works. That's brilliant.

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

That's where addiction comes in, and it's not just addiction to substances or whatever, but addiction to the lifestyle that we have. And what I wanted to ask you is we are talking right now using a great deal of technology and the stuff that you are on about whether it's obvious to the podcast listeners here, but I'm aware of it. There's things that you're on about, you're talking about, you're talking changes that in a thousand years people are going to look back on sort of thing. We're not talking our lifetime here. We're talking many lifetimes here.

Jenna Darko ([01:41:18](#)):

Maybe do you

Warwick Schiller ([01:41:19](#)):

Feel maybe she just gave me this weird look to where I just got the idea that there is no timeline and it's all happening right now. We've just got to tune into an alternate reality or something, rather now she's nodding, okay, I get the picture.

Jenna Darko ([01:41:37](#)):

And even in concrete ways, even in concrete ways, we don't know, and it's about consciousness. So it's about our experience. So one person could be living in a way of disconnect and feeling the pain of this almost is it, but it's not. And another being could be living in the same conditions of this world and have

gotten to that root source of the fragmentation, experiencing the wholeness, and be living in an amazingly transformed reality right here, right now.

Warwick Schiller ([01:42:14](#)):

Okay. Well, so my question would be, let's say the magic that you are bringing to the world, the thing you want to do for the world is raise everyone's level of consciousness. So let's say you could just do the I dream of genie thing, cross your arms and nod your head, and there's a little pinging sound and everybody in the world, their consciousness was elevated, say to the crazy place that you are at, how would the world be different? What I was going to ask was, we are communicating right now, recording this, sharing it with people with a great deal of technology. If we raise the level of everyone's consciousness, are we going to go back to hunter gatherer days or do you think there is? Do you think there's technology involved in the future? And if so, where would the resources come from to create that technology? Oh, this a

Jenna Darko ([01:43:17](#)):

Self.

Warwick Schiller ([01:43:19](#)):

You know what I mean? You think about all the mining or whatever that went into creating this computer screen in front of us. This microphone right here, the wires that come out of this microphone are the lights that are on that are shining on my face so that I'm not sitting here in the dark when we record this thing. Yeah, I mean, these are big questions, sorry, but you have any thoughts on that? I have

Jenna Darko ([01:43:41](#)):

A lot of thoughts on this. We could do a whole podcast series on just this question work. So I'll try to be concise, but I love it. One, I'll just say, yeah, we have all this technology right now and a little over a hundred years ago, we didn't even have a light bulb. We did not know how to use the electromagnetic field that now we take so for granted, we have light, we have electricity, we have magnets that run on our cell phones with electricity. We can do all of this amazing stuff. And we had no idea how to access that force, the electromagnetic force with an apparatus that would produce this kind of technology so that we could have light, for example. But it was already there. The currents that we now are able to pull through the sockets in our wall. We didn't have the ability to plug something in and have, voila, we have light prior to the invention of the light bulb and all of the things that are required to run electricity in our house.

([01:44:47](#)):

But the currents were there, the electromagnetic force was operational, it was there and humans went, oh, maybe we can use this. So absolutely, I think that there will be technology. Let's bookmark that for a second. So I'll basically kind of bridge bookmarking that by going right now most of our technology is based on the electromagnetic field and understanding how to interface with that with devices. And we experience the world now with what is already in our environment and what's already within us. The electromagnetic field is also operational within us. If we were to have told people that or said that 80 years ago, they might've thought we were, again C nuts, but you know that if you've got something going on with your brain or your heart, they're going to use electromagnetic frequencies and devices to tell an electrocardiogram, a magnetic resonance instrument. This is electromagnetic.

([01:45:51](#)):

And so they're using electromagnetic devices to read the electromagnetic pulse of the body. And that current was always there in the world before humans discovered it. So we have not yet learned how to master the interface of gravity, the gravitational force, but that is what is really being researched now by some fantastically brilliant scientists way beyond me in so many ways of the intellect. And yet there is enough of it that I can really track and enough of it that I've had some of those experiences from the inside out. I don't know that I'm all that evolved or up there, whatever the word that you said, but I just know the experiences that I've had. I know the awareness that can come online, and so I can relate in that internal way. Like you say, you have these experiences with the horses and you're watching polyvagal theory unfold in what you're seeing.

[\(01:46:40\)](#):

You just don't have maybe a sentence or a concept of the theory, but as soon as somebody comes and brings out language, you're like, oh yeah, that makes sense. That's what I'm experiencing. And then you can repeat the language because it fits into your network of experience. It's like that for me with some of these forces of nature, forces of the body and then studying scientists who are really going deeply into that study. And so they're on those leading edges and things are being explored and developed with a different force, and it is the force within us. So in some ways, yes, I think the technology will be with us. I think that it'll accelerate. Indeed. We're in the age of Aquarius now, and the constellation Aquarius and the Zodiac is associated with technology. So over the next couple thousand years. So this is where, yes, it is over thousands of years that we're talking about. And maybe also there's access to it in the now and for some people in a limited way really living it now in the year 2022.

[\(01:47:44\)](#):

But yeah, over time the technologies will be developed, but they're just reflective of what is already there in terms of the forces of nature that are around us on this earth. And that is part and parcel because we are the same. We're just an octave different on the fractal structure of everything being the same as the earth. So on one hand, the technologies will amplify what we can experience. Like right now, you and I are on a screen and a telephone or an audio and visual, and so we can see and hear each other, listeners can see we experience each other at a distance. A person who has really honed the subtle skills of the body mind that we are might have other abilities that start to open up. You talk about this with the people who talk about shamanism. So this is a safe place.

Warwick Schiller [\(01:48:47\)](#):

What did you just do then? Because when you started talking about that, you said people have honed these abilities, you paused for a minute and your eyes closed. You were not quite here. Where did you just go right then?

Jenna Darko [\(01:49:05\)](#):

Probably just for that space to check in one check in. Should I say this? Is this safe space to share these things as Warwick Scheller had a couple million listeners who listen and are like, yeah, yeah, we want to hear more of this. Yes. So I'll say it and checking in of what's

Warwick Schiller [\(01:49:22\)](#):

Checking in. Okay,

Jenna Darko [\(01:49:24\)](#):

Checking in

Warwick Schiller ([01:49:24](#)):

Internally. We had a bit of a break. We had a bit of a break earlier on. We had some technology and we stopped for a minute, so we got back on together, we were talking. But so Kerry Lake, who was one of the earlier podcast guests, love Kerry, did a thing here at our place a few years ago, was a couple maybe last year, it was like a private workshop where you invited eight people and she's really big on somatic stuff and getting you in your body and especially about a certain place in your body. And so she will be looking at you across the table and she'll say, okay, now I want you to focus on, I want you to get your attention on this part of your body to where you can feel it. And I think, I can't remember, it was her or Jane Pike had something Robin doing a few years ago where she said, imagine there's a ball on your hairline on your forehead here, and there's a ball sitting there, and I want you to be aware of that sensation too. You can actually feel this imaginary ball, like your skin freckles right there. And then I want you to roll the ball down your forehead towards your nose, but only roll it as slowly as you can feel the sensation. Oh,

Jenna Darko ([01:50:38](#)):

Sure, yeah.

Warwick Schiller ([01:50:39](#)):

Okay. So if you mentally just do a quick, you don't feel it, you've got to get that prickling feeling there. I can feel this bit of skin where this imaginary ball sitting and move it down. Okay, so Kerry was doing something like that. I want you to feel into your body to where you have this sensation and there was a certain part of your body and a lot of time it was down in your solar plexus sort of thing, maybe a little lower. And so you're sitting there and you're trying to get that feeling in that place. And Kerry's like, no, she's across the table looking at me like, no, that's not it. Not yet. And right as I would get it in the right place, she goes, yes, that's it. There's no outward sign from me where my concentration is. But as soon as I felt it, she would go, yes, that's it right there. Okay, well, you were doing something similar before when we were off air, when we had our little break to where I was talking to you and you said, well, hang on, let me check in. And you kind of close your eyes and I'm almost head on the side and you're getting these messages from somewhere. And then you think about, oh, okay, yes. And then off we go, well, you just did that thing right there. I could tell your eyes were no longer open and you weren't just here with me. You were here with

Jenna Darko ([01:51:59](#)):

Somebody

Warwick Schiller ([01:52:00](#)):

Else. Was that, what is that? What was that spirit guide? What was that? Who were you talking to? Who was talking to you?

Jenna Darko ([01:52:09](#)):

It was just a going internal into the sense of presence and internal into the sense of connectedness here. And so for me, in the sense of connectedness here, there's a subtle sense of our audience right now at this moment we're recording and then it'll be some time before it's released and the audience is there, but in the quantum space it's timeless. And so all who will tune in linear time are with us now. So just feeling

Warwick Schiller ([01:52:45](#)):

They're already listening. Yeah,

Jenna Darko ([01:52:46](#)):

They're already listening. Feeling that into the space, the auras of various people that are here and listening, feeling the sense of gravity itself. I was talking about gravity and gravity as a force, and you can tune in and you can be in communion with that force. And so I was kind of listening to gravity. Do I have permission to speak of gravitational things? Really checking in.

Warwick Schiller ([01:53:17](#)):

Okay, conductor says all the board, we are now on the super woo train.

Jenna Darko ([01:53:25](#)):

We are now on the woo woo train. Exactly. All aboard on

Warwick Schiller ([01:53:27](#)):

The, this is the super woo this's, not just the woo, this is Tanya King, there's the super woo

Jenna Darko ([01:53:33](#)):

Good. We're in a new category. So yeah, checking in with gravity, checking in because it's internal. There's a gravitational force within our bodies. And so feeling into that, I've learned skills to start to be able to hone that. And so I guess I kind just did it automatically, not even kind of realizing that that might happen. And you notice even like, oh, I'm just closing my eyes, I'm thinking for a second, but you knew, you were like, wait, because you've got that subtle sense perception much online. You're playing in this field, you're experiencing these things and you're drawing attention to it, and you're drawing mass attention to it. And so it is going to amplify its reveal.

([01:54:15](#)):

And so in this space, it became quite powerful to me of like, yeah, you can push this edge a little bit. You can speak about this. So it sounds very Star Wars, I guess. Like, oh, I was commuting with the force of gravity. I have a friend who says, loves the Star Wars stuff and says, I'm one with the force and the force is one with me. And that's actually in a lot of ways the goal of human existence that we have forgotten is how to be one with all of life and that we can do it with the level of elements in our body and the forces that are in our body. And so you've had a lot of guests on this podcast who so beautifully talk about somatic experiences and processing and just the fact that we are somatic beings. We have this body a soma, it's wonderful.

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

And that search for me really began several years ago when I started having some drastic changes in the sensory perception of my body and nobody in the world of what some of my friends have called normies. So I guess those are what normal people are called that apparently that distinguishes that some of us are less normal. But then when you start hanging out with the people who are less normal, then that's normal for you. So I feel like our podcast audiences we're not so normative in terms of rigidity that we can't go here can play in the abnormal, which is actually probably just a baseline that will become more normal as humanity continues to evolve with accepting these realities. So like you said, in

the future, somebody might listen to this conversation now and be like, well, that's really super woo, and not in the future, too long future.

[\(01:56:00\)](#):

Many people will probably listen to it and go, oh, that makes sense. And a select few will listen to it now and go, oh my gosh, this makes so much sense. This is what I'm living. And it isn't a few, as in there's something that's elite or an elevation or expansion or consciousness, it's better. It's not hierarchy like that. And so that's one of the misperceptions of the fragmented worldview. And yet it can be more honed. It can be something that we're more aware of. It can be more sensitive, it can be more integrated. It can be more able to go into that space with a quick glance of steady awareness versus I can experience things now after several years of meditating and having yoga practices that I wouldn't have even touched with a 10 day Vipassana meditation retreat where I was silent in meditation for 10 days.

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

So it can grow over time. So it's a little bit of a paradox, but I think humanity loves that sense of the force and being one with a force because it's our truth. And when we hear the truth, we naturally are like, yeah, yeah, yeah, this is cool. This is nice. It feels like something we want to affiliate with. That's the thing that isn't almost enough. It is enough. It is it. It's the reconnected way of being. And so yeah, I think that we'll have technology that helps us get there. And we've got to be careful. We can use the technology in a way that amplifies our ability to not leave our body, that we can keep coming back and we can grow through it if we use the technology as a way to disconnect. Just like now, a lot of people use their cell phones so much and then they report tremendous anxiety and depression. They're disconnected while being on this device. It's supposed to be a connecting device.

[\(01:57:49\)](#):

Technology has at risk, but it's a reflection of our awareness as a reflection of our mind body capabilities. And so for me, I'm more interested in, I use technology and obviously there's stuff about technology that I love, but I'm way more interested and invested in honing the inner technology that is this body vessel and bringing people on board like, let's play here. And studying with a yogi after I started having these big experiences help me hone it, help me have a framework, a philosophical framework so I could understand. And now, yeah, I've gone way deep in, I think as deep as a person can go in. I mean, I've been able to have the great privilege and honor of studying now with and having practices to practice with people who had been in Himalayan caves for years and years coming down now and saying, Hey, go teach the people because we need this now. And that's where I kind of raised my eyebrow at you and you said, oh, in a thousand years of stuff that you're talking about, it's way far off. I raised my eyebrow because there are certain thresholds that we might cross where things catalyze faster than we can even imagine today. And that might just be around the corner in some ways.

Warwick Schiller [\(01:58:59\)](#):

It's called a tipping point.

Jenna Darko [\(01:59:01\)](#):

Yes, exactly. I think not

Warwick Schiller [\(01:59:03\)](#):

Glad was booked a tipping point.

Jenna Darko ([01:59:05](#)):

Yep. We're wobbling on tipping points. And so I want to create films and systems that help people understand what are these tipping points? How can we tip without flipping out? How can we then, as we cross those tipping points, or once the tipping point has happened for an individual, then there can be great stabilization actually in terms of what does the yogic inner science teach us? But in the process of that, there can be a destabilization because something old is going as something new is going to be able to take a new structure. And so in that, there's destabilization. So for me, a lot of the film writing and building networks on the ground is actually to help humanity through that help the people who are on some of that leading edge through the turbulence that can come with this kind of big change. Because I experienced it and the old field, that was my training and background and profession of psychology really does very little to help people understand or stabilize this if that is not also really connected with understanding the spiritual path, understanding the embodied path, understanding this other branch of wisdom.

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

And so I have sought teachers and mentors who hold both the psychological and the spiritual because also you can get into the really deep spiritual stuff. And if you don't also hold some of the psychological, then people can get imbalance and they don't know what to do with the stuff that comes up as the layers of trauma are being processed through from a spiritual viewpoint. So that unification of both is important. What I started experiencing was several years ago, and now I've learned, and it makes total sense to my experience, that there were some basically wavelengths that were coming onto the planet. They would kind of come and they'd be here for a short amount of time, and people were real sensitive. Were going to experience it, and if we can be in harmony with it, we can experience it really as something positive. But if we're in disharmony with it, then it's kind of like that debris, the noise and the signal is going to have to come out.

([02:01:11](#)):

It's like the things you were saying, it was not worse. It's just more apparent now under different conditions. But what was there, the fracture was already there as we experienced some of these frequencies that are coming into the planet through the sun and the greater cosmos. It's a real energy. It's electromagnetic. It's gravitational, and it affects us in our bodies because we are electromagnetic and we are gravitational. And so our body and mind, it's one our body mind is one. So if we experience harmony with that, we can ride that wave and we're in flow with it. If we have something blocking or fragmenting us, we can experience that static or that disconnect. And then actually that can amplify the difficulty. It can amplify the sense of chaos and a lot of disarray that a person's life can go through, a planet can go through.

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

We're in it societally right now in that kind of chaos. But chaos is a part of that. Letting go for something new to be able to form that chaos and orders how creation works with those two principles. So by helping people to know how to ride those new waves through gaining stabilization, through gaining understanding, then we can be more in the harmonious flow with it than in the total chaos. And we need just a select number of people who can hold some posts, have some structures that are in place, like a scaffold so that then the whole thing can kind of do. Its working through. And so that's been a big immersion for me. And I started learning that these kind of new lay lines, these new waves that hold the grids of our planets, magnetic electromagnetic we call it, and gravitational fields, they were kind of touching down a little bit and then letting us go, kind of like we do with working with horses.

([02:02:59](#)):



When you start, it's just like light touch. That's enough. And then you start to get a response, and then you can apply something more to get a little bit more movement, but you don't want to flood the horse with too much because then they can't process that you're actually giving a cue and then you're releasing it and you're learning together. So the earth and the cosmos is working with us right now like that as a humanity. And if we can understand that, then we can ride these waves. But because they're starting to land down now for longer periods of time and they're thicker bandwidth, they're covering more of the earth. So in the not very far future, we're talking about in the upcoming couple of years, those frequency bandwidths are going to be resting with us more and more. And you think of a radio signal, if you're dialing up that signal and you're like, okay, now we're going to program things that are all like at 107.1 or whatever on the radio dial.

[\(02:03:50\)](#):

If the people aren't figuring out how to dial up that dial, they're going to be like, oh, there's not programming here. I'm just getting static. I'm just getting static. So I think what your podcast is doing is helping people like, oh yeah, I'll listen to that station up here. Yep. I can tune in a little bit, bit more at this frequency, a little bit more with these topics, a little bit more with these people. And so something is really being honed. And so that I think is of really great service. And I think that horse people, we haven't talked about horses a lot on this. We've been mostly in the human consciousness side, but I think horse people have honed a lot of practice of being with the nervous system, honed a lot of practice of being with energy, nonverbal energy, and then really have something to be able to offer as we go through these changing times on the planet. And so some of what my networking is and vision and what I'm writing into the film scripting is how may horses and horse people be a part of helping us go from these older ways of dominance, coercion, inflicting pain, agricultural practices, fragmenting things off into tiny spaces versus

Warwick Schiller [\(02:05:03\)](#):

Colonialization.

Jenna Darko [\(02:05:05\)](#):

Yeah. How would we really live if we could take that full deep breath and take the full exhale and be in flow with the planet and be in this real attuned connection with one another? I see potential to build peace academies around people being with horses in ways that are really attuned learning to look at ourselves because they're showing us what's working or what's not, if we really, really want to listen and

Warwick Schiller [\(02:05:33\)](#):

If we want to listen, if we want

Jenna Darko [\(02:05:35\)](#):

To listen.

Warwick Schiller [\(02:05:36\)](#):

The big thing, it's huge. Earlier on in that download, you just got from somewhere that you just spat out. You said something about Star Wars and you said, oh, it's not really using the force, but I actually think that it is. And if you remember in the original Star Wars, they're in a bar. So Obiwan Kenobi was with Luke and Han solo in a bar, and the storm troopers came over and Han Solo, not solo, obiwan Kenobi says something like, there's, he waves his hand and he's like, there's nothing for you to see here. And I

don't know if you listened to it or remember it, but on the podcast with Kerry Lake, because I talked about Kerry before on the podcast with Kerry Lake. She was in a situation one time, I think she was working a truck driving job in a mine or something and was on night shift. So she's alone on night shift. She was at her truck and this man, someone else who worked there, approached her and she could tell what his intention was and he was going to assault her.

Jenna Darko ([02:06:42](#)):

Yes,

Warwick Schiller ([02:06:43](#)):

He was going to violate her. And as he approached, she just looked at him and basically did the Obi one Kenobi and basically says, you're not really interested in doing what you think you're going to do. And he turned around and walked off. And that story was pretty profound. It's very profound. Obi one Kenobi ish. And when you said, it's not really the force, I'm like, well, I think that's what the whole movie was alluding to. It

Jenna Darko ([02:07:06](#)):

Is, yes,

Warwick Schiller ([02:07:07](#)):

It is. Use the for for Loose and Luke, and I think when there's a scene in there where Luke is learning to use the force and he's got his light saber and that little robot thing, little drone thing's flying around and zapping him on the bum and hands solo. So Harrison Ford says something like, I'll stick with my, I forget what the gun was called, something blaster. I'll stick with my blaster here. I don't need any of that hocus pocus, whatever. Yes. And it's only been a couple of years now, and I've listened to several audio books that alluded to it too, but it's only been a couple of years now that I look at those scenes differently. Yes, and what you were talking about with your movie while you were talking about it, your series of movies, while you're talking about it, I'm thinking, oh yes. So what you want to do is a longer version of Avatar.

Jenna Darko ([02:08:04](#)):

Yes, yes. It's like I start to think these movies scenes and things come into my mind, and then the characters in real life just show up, and then I'm scripting based on what's actually showing up synchronistically. I'm going and I reflect and I go, okay, this is like Avatar, avatar. Did you see the film Crash? Know, are you familiar with that? Oh, yeah,

Warwick Schiller ([02:08:28](#)):

Yeah. What a great movie. It

Jenna Darko ([02:08:30](#)):

Was such a great movie, right? So there's this focal point that brings all these lives together in this crash, and then they start tracing like, well, what's really happening with this person and that person? Then you see their whole people, and they just had this moment that brought them together from all these different angles. That's how the characters are in the stories where they're woven characters together. It's kind of like that, but instead of just crashing and having to be this one incident, it's like, oh, we're woven. We've been infinitely weaving for all of these generations and generations. The same tapestry in

forms together and different kinds of relationships. So it's that real interconnected way, but kind of like that has some matrixy themes in it, definitely some Star Wars esque things about energy and the forces of nature that are within us, and how we can hone that in order to be more aware of our oneness with one another, more of our, more aware of our connectedness with the stars. Yeah, so you're right on. That's exactly where I'm going with the films.

Warwick Schiller ([02:09:36](#)):

So where are you actually up to with the film? Are they all written? Have you started filming anything yet?

Jenna Darko ([02:09:43](#)):

They're not all written yet. So it's a series of four, and I've got the main arcs for all four of them, and a lot of scenes for all four of them and character lines and stuff. The first two are, the bulk of it is done. I still am having things that come in where I'm like, okay, this is an important part where there was some kind of a gap, and now that's filling it in. So then I'm going able to kind of go in and go, okay, this connects some of these gaps. And then there's the Foreshadowing to future episodes and things.

([02:10:23](#)):

I don't think that I will have access to even knowing in a lot of detail, like film four until after films one and two are written, and it's because of a creative like, oh, well, what am I going to write thing? It's that I think I need to be able to hone the consciousness to basically have permission to have access to being able to write it from the inside out of the understanding of like, oh, this is the way planetary consciousness is, and I think that as a humanity, we're going through this journey, so we're going to create it together. And so it's in that co-creation, really doing as we live these lives as conscious beings or unconscious beings that have moments of unconsciousness, though we are always conscious beings that we're going to create it. So some of it is some openness to allow the potentials to either manifest in one way or to look differently. So I'm leaving some space, even though there's story arcs and characters that are holding already pages on the film script, if you will.

Warwick Schiller ([02:11:35](#)):

So you kind of got the structure there and you're going to allow the universe to fill in the blanks for you a little

Jenna Darko ([02:11:39](#)):

Bit. That's exactly right. Beautiful way of saying it. Yeah, the universe does. It just brings it, I mean, it is magical. The kinds of things where I couldn't have scripted this myself. There was just no way that I would have thought of it, or even if you'd been like, oh, this is a creative fiction that I'm writing and this is my own idea. It would almost come across cheesy or campy, I think. But because these are the real life events and that it's been found out kind of in hindsight of some of the lives are lived and the lives are interwoven, and then you start to go, oh, well, what was happening on that date with the astrology? Or, oh, this is in your chart, and look at this theme. It's totally consistent with what we've just experienced, but we hadn't seen it. So for example, the film series is called the Phoenix Rose.

([02:12:26](#)):

So when I was younger, my dad used to call me his Phoenix. He was just like, you can go through events, there's this refining fire and you'll rise up and you'll carry on. And then I had this horse who was born, and he was a little redhead, gelding or cold. So he's now the Phoenix, his name is Summit's Phoenix

Rose. So he's the namesake of the Phoenix Rose. So there's a interactive journey between that horse Phoenix and me as a person. That's one of the storyline character arcs. Well, years later. So I mean, he is 19 now. And only two years ago I discovered a spiritual map program or a spiritual path called the Gene Keys. And my life purpose in the Gene Keys is about transmutation and transfiguration. That's the journey of the Phoenix. So I went, oh my gosh, this is written into my stars.

[\(02:13:19\)](#):

How interesting. So then I've got this friend, Mel, and she's a character in my story because she's a character in the life and she's kind of playing these things and she has really refined sense perception. So when you saw me go in and check in, what I was going to say is as you start to be able to pay attention to that subtle level so much, then some of those sense perceptions can come on. So for Mel, she's got some telepathy. She's got some clairvoyance. She can see really deeply. Well, she has a horse named Percy, and I had known that she has this horse named Percy and kind of going through life or whatnot, and sometimes we call her by her nickname, which is Mel, and she's got a mayor Ella. And one day I went, oh my gosh, I learned L is a root word for stars.

[\(02:14:14\)](#):

So Mela and Ella both have that word L. And so I started looking at their star constellations and I saw patterns with them, and I saw with, his name is Percy or per of all his nickname is Per, so it's like per of all from the King Arthur's Knights of the round table. And Mel has some constellations that have to do with farsightedness being able to see deeply into things. And another friend said one day, oh, per of all is to perceive all. So her horse is named what she has in her. I have another friend who's a lightworker, she meditates and somebody will take a picture and there's a light beam clear from the sky straight down her entire body line, and she's just sitting in a chair after a meditation talking to someone she doesn't even know. It's just a candid shot. And then she'll send me the picture and be like, Hey, look, this just happened.

[\(02:15:08\)](#):

Well, her horse's name is Luca, which means bringer of light. And I looked at someone that constellation and sure enough, her main spiritual intelligence is to hone bringing forward light. So I started seeing all of this and I went, holy cow, these are just going to then be some of the real characters in these scenes. So that's kind of the horse grouping. And then there's other people who are not horse people, but they're tied in with the horses. So I've got a Chinese medicine doctor who helped me in ways that Western medicine couldn't, but he came through and boom, he balanced my copper and iron levels without balancing my copper and iron levels, but balancing the yin yang in my body, getting my belly heated with moxa treatments of herb sticks on fire, put on a little metal box on my tummy. He did these things to rebalance my system and it cured things that had ailed me that Western medicine only made worse.

[\(02:15:59\)](#):

And then he starts treating my animals and stuff. So he's not a horse person, but he's in there as a person who has used his gifts to treat the animals. So I've got a global story of people from every continent, all kinds of backgrounds of race, nationality, religion, language, generational age, status, socioeconomics, so that we're breaking down the barriers. So when I say to see ourselves as whole, we see ourselves as whole through the lens of we care about each other and we're a part of each other's lives, and that all of those divisions are transcended in just loving friendship. And so it's these storylines that can help us to see that much like the movie Crash does. And when you're ready work, we can talk about the fact that I've been scripting you in too.

Warwick Schiller ([02:16:42](#)):

Alrighty then.

Jenna Darko ([02:16:44](#)):

Alrighty

Warwick Schiller ([02:16:44](#)):

Then. Actually, I, I'm ready. I've realized we've been going for over two hours now, so we might have to leave that for another day. No

Jenna Darko ([02:16:53](#)):

Time. Yeah, we can leave that for another time. Is this too super woo, or is this giving you stuff that you can use?

Warwick Schiller ([02:17:00](#)):

Oh no, this is not too super woo. I don't think there is a two super woo. But if there is, you went there today day,

Jenna Darko ([02:17:08](#)):

Shoot, I'm breaking through the barriers. We're breaking the sound barriers,

Warwick Schiller ([02:17:12](#)):

Breaking the woo barrier. It's been so fun catching up with you and hearing about what you're up to. Can you share with people how they can find out more about you or what projects you're into or reach out or any of those sorts of things?

Jenna Darko ([02:17:27](#)):

Yeah, absolutely. They can go to my website, [jenna darko.com](#), and there are some links there or pages there where they can find the Phoenix Rose film series. I don't explicitly say much or anything about horses being a main carrier of that film because this is more for a generic audience, but the journey on podcast viewers can know that that's absolutely a core. And I view that really having these kinds of conversations and the development of networks within this space will be part of what comes on the ground to be able to have places where people can really come together and recalibrate ourselves into connection with the land and with one another, with the rhythms and cycles of nature. And that I think that we can have, I view it as like Peace Academies or some people might say almost like a Jedi training kind of campus where we can come together and just do these things.

([02:18:27](#)):

And it's in a lot of ways very simple eating, holistic food, laughing, smelling the good smell of horses as we're taking care of that cycle of life and composting things so that we can have more roses grow and whatever that might look like. But I think that that's in a lot of ways where the magic can happen. And so I look forward to seeing if we might be able to use these podcasts and the guests as some future catalyst for having spaces where people can come together that goes beyond the summit, into bringing the summit into various spaces where we could gather and have networks all over the country and all

over the world where we can get together and talk about and do these things that are being talked about on Journey on. So thank you so much, Warren.

Warwick Schiller ([02:19:15](#)):

Oh, that's awesome. You just mentioned the summit again, and we leave in a couple of days to go to San Antonio for the first inaugural summit, but you are a guest in the second year of the podcast. Oh, wonderful. I can't wait to see when we have the second inaugural summit and you are there, what woo stuff you talk about. I'm looking forward to that already.

Jenna Darko ([02:19:38](#)):

Did you know that the farm that were stable, that my horses were bred out of, is Summit stable? So when I saw that you're calling it a summit and there's all these different summits, I'm like, oh, this is so good. And Summit is the top of something. So again, I say we could be kind of at a new crowning, a new ability to evolve. How are we as this human kingdom or queendom? And I think that the summits that you're doing are a big part of just the playfulness of looking to what's next and looking to what is also just right here and right now and really precious. So I hope you have a great time with your season one guests and that it's just wonderful to be together and to continue these kind of conversations and support each other and live in the human life.

Warwick Schiller ([02:20:22](#)):

Yeah, it's going to be amazing. Well, thank you so much for your conversation today. It was absolutely amazing and a few guys at home, thanks so much for listening. We'll catch you on the next episode of The Journey on podcast.

Speaker 1 ([02:20:35](#)):

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.