

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

Good day everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller, and usually I just launch into right here into who we're going to have as a guest on this week. But I really get to thinking about, I just wanted to say thank you to all you guys. This podcast has taken on quite a life of its own, and it wasn't just another one of those things in life that it wasn't what I expected and I wasn't sure what I expected, but certainly wasn't how the podcast has turned out. I've just been lucky enough to have amazing guests that I either knew personally or have been introduced to by someone else. And yeah, what a journey with all these amazing people. And thanks everybody for listening and joining along with this. I know I get stories at clinics and horse expos about people listening to the podcast and maybe getting a bit of inspiration to look at maybe parts of life a bit differently, but I'm humbled to be able to just do this and bring you amazing guests. And I might as well get to my amazing guest this week. My guest for this week is Jennifer Walker. So Jennifer's from Australia, and on her bio it says Personal development and mindset, coach, philosopher, speaker and equine communicator. So normally I read a bit more about the people on the podcast, but I mean, they kind of tells you where this conversation's going to go and how it's going to be. So yeah, I had a great chat with Jennifer and I hope you guys enjoy this chat with her as much as I did.

([00:02:33](#)):

Jennifer Walker, welcome to the Journey on podcast.

Jennifer Walker ([00:02:36](#)):

Thank you for having me.

Warwick Schiller ([00:02:39](#)):

This is going to be fun for a lot of different reasons that will be revealed at some point in time. But in the intro, I read out a little bit of your bio and I want to quickly skimm through it again because we're going to come back to that and we're going to come back to what you currently do. But basically we want to figure out how you got there. But professional question Coach for 25 years runs Unbridled the Mind Equine therapy retreats for adults and troubled teens qualified N L P Master Practitioner and conducts online program called Make Happy, a Habit, creative, cutting edge healing modality called the E T P Method, which I'm fascinated to find out about. It's for anxiety and depression, author of The Secret Actions to Happiness, which is an ebook, and you have launched Rural and Real, which is over the phone counseling for rural people in Australia. So I love all that stuff, but first I want to unravel, how did you get there? I mean, if I get this story right, weren't you like a jumping rider or something way back in the day?

Jennifer Walker ([00:03:48](#)):

Yes. Well, that seems a lifetime ago. I mean, from a very young age, I heard that Europe was the place to go if you wanted to be a top level rider. So at 19, I headed off to Germany and well, I actually got the

opportunity to work in what was called the best stable at the time in the world. The gentleman had won five gold medals at the Olympics in show jumping. Who was that? His name was Hans gta. Vla, and he And

Warwick Schiller ([00:04:22](#)):

Is he German?

Jennifer Walker ([00:04:23](#)):

Yes. And he was stationed just outside of the German Olympic Training Center there. He had his own complex and it was amazing. It was only 12 acres and all the horses. They never got to go out in the paddock, which is so different to here, but oh my goodness, the standard there has served me well right through my life. We couldn't even lead a horse out at the stable without cleaning its feet out. It, no shavings were allowed on the cobblestones. And yeah, it was very particular, and certainly I learned a lot there. To train with that level of person is life changing. But yes, I loved the show. Jumping came back and I was obsessed with Warmbloods, so came back and started a breeding program. I was probably more interested in the breeding aspect, but that's where it all started to go a bit haywire.

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

I did grow up on a thoroughbred stu. My dad was into Gallopers, so I'd been around young horses and thoroughbreds. But yeah, so I got back and warm bloods, and it wasn't long before I realized that I couldn't even lead one, you know what I mean? They'd be born and within 24 hours, I'd bitten you kicked, you run away, and not like a thoroughbred or a stock horse, which I was used to. And so I struggled on for probably a couple of years, and a friend of mine said I couldn't catch. So the first one I ever bred over here at about, he was nearly two year old, I couldn't catch him, I couldn't leave him, I couldn't pick his feet up. Just very basic fundamentals. And so a friend of mine said, oh, you need to learn about this horsemanship training. And I guess I probably was a little bit cocky back then and thought, well, I've been around some pretty good people. That sounds a bit of crap, really. That's how you think when you're in that world, and I still see it today. Anyway, a few more months went by and I went, alright, tell me your story. And she knew a gentleman down the road. I was so blessed that I had this gentleman down the road and I do believe that you know him, Phil Roady.

Warwick Schiller ([00:06:42](#)):

Well, funnily enough, my oldest brother is married to Phil Roddy's, oldest daughter.

Jennifer Walker ([00:06:47](#)):

Ah, I did hear that there was some sort of relationship there.

Warwick Schiller ([00:06:53](#)):

Yeah, no, we've known Phil and his wife Dot since I was very young. Yeah, we're good friends with the girls growing up. And yeah, my brother ended up marrying their oldest daughter, so I know Phil quite well.

Jennifer Walker ([00:07:04](#)):

Ah, there you go. Well, Phil is a legend. Phil and I, we've had our moments, but as in we've clashed horns a couple of times, but he's probably just, I probably wasn't listening and he was probably trying to help me. But yeah, so this particular day he came out, I couldn't catch this young col. He wasn't gelded

because I couldn't catch him. Anyway, so he came out and it did take him about an hour and a half to get this little horse because I was the old days where you get the Holter and you sneak up and li lead and you sneak up and try and catch them just so you can get them. And anyway, he got the horse, and once he got hold of the horse, he flagged him down and had him picking all his feet up. And this is just in one session, he had him leading beautifully with a nice float in the rope and had him picking all his feet up.

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

And I just went, oh my goodness, this is all quite fascinating. So I ended up saying, well, could you start the horse on the saddle? Back then used to say, break the horse in. But anyway, so Phil took this little horse and it was all a bit different for me. I remember the first, I went over and watched a bit and he was riding it around in a goddamn Holter with one lead, one rope, flicking it over the head. And I'm just going, oh, what is this? But the reality is he was getting the results and I wasn't. And you have to look at those things. So that was the beginning. That little horse called Rocky was the beginning of my whole change in my whole life. And even down to, I have to admit, before I found horsemanship, I really had got to the point that I wasn't enjoying my riding. You know what I mean? You'd go out, you'd catch your horse. I had a beautiful big warm blood mere, and she'd be at the other end of the paddock. She wouldn't run away, but she wasn't really happy to see me, and we weren't really getting on that well, as much as she was very charitable. And so, yeah, so that little horse changed things for me in so many ways, but that's sort of my introduction to horsemanship. Yeah,

Warwick Schiller [\(00:09:15\)](#):

I kind of want to go back to Germany, to Hans,

Jennifer Walker [\(00:09:20\)](#):

Whatever. Yes,

Warwick Schiller [\(00:09:22\)](#):

Hans. So you said you learned a lot of stuff there and the horse couldn't even be taken out of its store without its feet being cleaned out. That's all human stuff. Yes. How were the horses mentally?

Jennifer Walker [\(00:09:38\)](#):

Did

Warwick Schiller [\(00:09:38\)](#):

They want to get caught?

Jennifer Walker [\(00:09:41\)](#):

Well, it didn't matter. They were in a 12 by 12 box, so they didn't have a choice. Look, I think they were depressed to be,

Warwick Schiller [\(00:09:50\)](#):

That's the thing. When you said everything was done perfectly. Yeah, done perfectly for type A humans, but not necessarily done perfectly. I have people come to clinics and they go, oh, is it okay? I didn't get to wash my horse. I'm like, I don't care if he's dirty, rather, he was dirty than horses. Don't care if they're

clean or dirty. You ever washed your horse and then turn 'em loose and rolls in. They don't care if they're dirty or not. That's all human stuff. So yeah, I was just wondering how the whole, everything was done perfectly in Germany, but was it actually perfectly or was it just very type a German automobile structured type stuff?

Jennifer Walker ([00:10:33](#)):

Look, I do believe that Hans loved his horses 100% to his knowledge. And where he was at every night he would come down without fail. And I mean, these are little things, but he would bring them some carrots or whatever, treats, and he would come down every night after his dinner before lights went out, and he'd just check that everyone was fine. And the horses did actually quite like him. I've got to say, normally in those regimented deals, the horses are quite shut down, but the horses actually loved him. I've got to say. I have to say that. That's cool. But in their environment, their legs were constantly swollen, you know what I mean? They were all bandaged. So everything was bandaged 24 7, and they always had filling their legs. And one of the things that I really learned compared with Australia is our horses get to run depending on, I'm on 3000 acres, so they get lots of run here, but generally speaking, they've got at least a two acre paddock or something in Australia. And those horses were not sure footed, they never got to play. They didn't get to run. They didn't get to be agile in the paddock. And so I did notice that I didn't think they were as coordinated as the horse out here. And I know they're warm bugs, so they're a bit clunky anyway, but that was one thing that I really did notice from that world.

Warwick Schiller ([00:12:03](#)):

It's really interesting. You said early on, you said, when I was 19, I wanted to go to the best place in the world. I know. And do you know, you know who Leslie Desmond is? Yes,

Jennifer Walker ([00:12:12](#)):

Yes, yes.

Warwick Schiller ([00:12:15](#)):

I've had Leslie on the podcast, but she didn't tell this story on the podcast, but I've seen it written where she's written it on Facebook. But she was somewhere in Europe a few years ago, and there was this, I don't know if they came to see her. Well, she was just presenting at this big gathering of experts or whatever, but there was the head of the F e I there, the head of the F e I vets, there was the best trainers in Europe there, and they had all these horses. And Leslie wanted to get all of these jumping horses and dressage horses, whatever, and turn 'em loose together in the arena,

Jennifer Walker ([00:12:50](#)):

Serious.

Warwick Schiller ([00:12:52](#)):

And the head of the f e I was like, absolutely not. You cannot do that. All the vets were like, you cannot do that. All the whoopity do. Riders from Germany and wherever. Were like, you cannot do that. And she's like, why? She said, because all the horses are going to die, basically. And anyway, she did. It turned the horses loose, and they do. They had a bit of a squeal, had a bit of a run around, and five minutes later they're just fine. And in this post that she wrote, and I'm paraphrasing here, but she basically said, it just told me how much all these experts actually know about the nature of horses. You

know what I mean? That's what I was getting at When you said, oh, the place was amazing. There couldn't be any dirt on the cobblestones. Who gives a crap? You know what I mean? Yeah. So Leslie said, all these, whoop, you do experts that I think I'm paraphrasing, but I think she basically said that they really had no understanding of the nature of horses themselves, which I thought was a really interesting story.

Jennifer Walker ([00:13:56](#)):

Well, I think it's very true. I think they're so removed because especially in Germany, even though we're quite a few generations down now, that military perspective when I was there was still very strong. And so yeah, I think that's very true in that regard. The horses there, they got on the walker every morning, yay. You know what I mean? And they were allowed to run around in the indoor maybe once a week to do some free jumping and things, but they never saw a paddock. And I just think that's really sad for the horses. And it's funny, and I dunno whether I should tell this story, but I guess years have gone by, they would go away to comps and I'd be left with the horses. And we weren't even to wash them. They weren't hosed there, they were groomed. So I'd give them a good shampoo and get them all clean. And they had these beautiful big, I dunno what they're called, but they're called

Warwick Schiller ([00:15:04](#)):

Solarium. Yeah,

Jennifer Walker ([00:15:04](#)):

Heat lamps that come, the big

Warwick Schiller ([00:15:06](#)):

Heat lamps that come

Jennifer Walker ([00:15:07](#)):

In. Yeah. So they were nice and warm. And after I'd washed them, and it's funny, his wife always said, how come your horses are all so shiny and lovely? They didn't know why. Mine were always cleaner than everyone, but I don't know, you just treat 'em a bit more like a horse like we do over here. It is a little different. And I take them out for a pick. And we weren't far from what was called the D O K R, it was the big German Olympic Center. And so I'd go off for trail rides, so we'd do over here. And so I remember one day I was riding this beautiful big horse. He was lovely. And I headed off to the center. You had to cross a road to get there. And I'm sitting on this very expensive horse taking him for a trail ride. And I remember one day I was over there, I knew got ditched on him. I thought, oh, can you imagine losing a horse of that value? That was a bit scary. But yes, I probably just let 'em be horses a little bit while I got the run of the show for a few weeks here and there.

Warwick Schiller ([00:16:10](#)):

Okay. So you've come back from Germany and you've met Phil Roadie, and Phil's kind of what Phil did with the horses kind of changed your perspective on horses. So that's still a long way from the type of work that you are currently doing. So what was the next step in your evolution?

Jennifer Walker ([00:16:31](#)):

Well, I guess I met Rahan and Buck Brennaman and they really secured me and believing that horsemanship was the way to go. I'm trying to think. So I had been introduced to horsemanship, but I still went through and did my level one EA accreditation, but I guess I still wasn't feeling right about what I was seeing. Some of the things that were going on. I saw things that are just wrong. You know what I mean? In that world, and I'm not going to name names or anything, but I saw very top level people getting on their horse and the horses' ears would be flickering their eyes. Were looking back, someone's just mounted these horses and these horses are top level inventors and things, and they're there and they're looking back and someone's just gone on thinking, yeah, this is just not right. When I say not right, it's not right for the horse.

[\(00:17:30\)](#):

It's dangerous. Those horses aren't emotionally right, and they're asking 'em to do these things. So I guess the more I was around that world, the less I probably liked it. And I actually stopped competing. And in that world for many years, I just really just worked on breaking in young horses, starting young horses and teaching horsemanship. I just saw that it worked. It was much quicker. Like all my students that go through this, because I've got the blend of the English world with the horsemanship, and I married the two, there's not a lot of people doing that. There are some. So I just saw that my students were getting results much quicker, and that was safer. And so I guess that's where I went with the horses that you are asking where, how did I get into the mindset work? That's what you are.

Warwick Schiller [\(00:18:23\)](#):

Yeah. Yeah. That's my big interest in stuff these days as far as doing clinics these days. Before we got on, you said you hadn't really listened to any of the podcast episodes, so you don't know too much about me, but something years ago I would, I'd do clinics and I'd be able to help most people, but there were some people that I just couldn't help. And I used to think that they were not good with horses. And what I've come to realize is they're not good with themselves. So true,

Jennifer Walker [\(00:18:54\)](#):

So true.

Warwick Schiller [\(00:18:55\)](#):

They're really in their head, they're not in their body. And so these days, I'm really big on the whole just self-awareness stuff first because one of the podcast guests was a lady named Beth and Stand who lives around here, and she's an equine assisted therapist, and she has this, what she calls the four awareness channels. When you're having any interaction between two sentient beings, whether it's another person or horse or whatever, those birds in the background are loud, aren't they? So for you guys listening, Jennifer doesn't have pet birds. These are wild birds outside, Australia's full of parrots and there's wild birds outside her window making all sorts of noise. And so Beth has these four awareness channels, and the first one is what's going on with me? Number two is what's going on with you? Number three is what's going on between the two of us? And number four is what's going on in the environment? How loud are those birds outside your window? They're happy.

[\(00:20:05\)](#):

What I have found is that most people who are struggling with their horses are very aware of number two and number four, what my bloody horse is doing and what in the environment's causing it with absolutely no awareness of what's going on with me and what's going between me and how am I influencing other negatively or positively the horse. So I've been really big into more of the self-

awareness stuff for quite a long time. And it seems like you are definitely into that. So where did that start from? What was your first introduction into that sort of thing? Well,

Jennifer Walker ([00:20:45](#)):

A few areas. I remember I had a warm blood mare that I was working and working with to say, and she was always rushing, so she was just always ahead of me, ahead of me, ahead of me. And I can remember this one day I was down on the arena and she was rushing so much on the forehand and just not there, and she tripped over and went down on her knees. I came off and I just remember walking up the house that day just crying. I was just in tears, just going, what is it that I don't know? What is it? And that night, I guess I had a really big soul search. I went, what do I need to know to get this working better for me and this horse? And so that night I went and watched the Sally Swift tapes, the Centered Riding.

([00:21:41](#)):

I went and watched a Nuno Oliver old video of him and something else, and I go, okay, all right. Maybe I need to be more sensitive and grounded on the horse. Maybe my breathing needs to change. Maybe my peripheral vision needs to change. And I know in the Nuno Oliveira video, he said that your base needs to be more grounded. He showed one of those rocking things that you're punching. You need to be like that. And it put a picture in my mind. Now, I'd been riding this horse for a couple of years, been to a few Ray Hunt clinics, which was horrendous for me on this horse. And that next day I went down and I implemented these things because this wasn't about the horse, this was about me, and nobody necessarily taught me this stuff. But what happened is I learned to slow my rise down to slow the speed of my rise.

([00:22:40](#)):

I learned to get a bit more grounded in my body on the horse, and this is no word of a lie. That day she would've changed 60%, and within the next probably two weeks, I could actually walk trot in Canada, that horse on a loose re. Now, there's two parts to that. One, I felt terribly guilty that I'd been, it was my energy that was racing that horse constantly. I am a high energy person. That's who I am in general. So I had to learn to slow down. I had to learn to take more time and start looking at me, not her. And that probably was a really big awareness in it's not about her, it's about me. And so yeah, I think that was probably a big start for me as far as seeing my relationship to the results I was getting. I guess. See with show jumping, it's not so bad. You just want 'em to go. You want them traveling a fair bit, but in day-to-day life and you just want to be able to go for a ride, I remember just saying, I just want to go for a ride where my horse isn't tanking on me. And I would say that in the horse world, there'd be so many people understand that, and you ride thoroughbreds or that stole horse, you just want to go for a ride. So yeah, that would be probably one of the things.

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

But I guess if we're going to get really personal, I actually got sick when I was in my twenties, and yeah, I, well, I discovered that I had a condition called endometriosis, and that was probably really where things started to shift because I started a girlfriend, so she was actually into horsemanship as well. She handed me this book and it was about basically metaphysics, how your thoughts can create your physical ailments. And I'm reading this book and I'm looking at this going, oh my God,

Warwick Schiller ([00:24:45](#)):

Which book was it?

Jennifer Walker ([00:24:46](#)):

It was Louise Hay. It was a little blue book, a little blue book.

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

I thought it might've been The Biology of Belief by Bruce Lipton.

Jennifer Walker ([00:24:54](#)):

Yeah, I've got that one as well, which I believe in a hundred percent on that. But no, Louise Hay's got, I think one is You Can Heal Your Life. That was probably one I read, and this little blue book was in the little blue book. It just has every condition, so every illness and then the mindset or belief next to it that you would have. So yeah, so I'm sick and I was trying to get pregnant with my husband, and so it probably affected me a fair bit just starting to learn that things aren't as they seem, and you've really got to start looking at how you're thinking and how your mindset is creating your health, your happiness, and your overall vibration that you're going through life with. I guess I'm getting a bit deep down the rabbit hole now.

Warwick Schiller ([00:25:50](#)):

It's so cool though, because it's like you were the jumping girl that had the problem warm blood, and then you meet Phil and then, oh, now I see that completely differently. Then you read this Louise Hay book and you're like, whoa, now I see everything else differently. And it's that it, I said it before, I think you can't unsee that stuff when you become aware of that stuff. It's not like you can almost go, oh yeah, I've seen that. Now I'm going back to the way I was.

Jennifer Walker ([00:26:26](#)):

It doesn't work like that.

Warwick Schiller ([00:26:29](#)):

You can't do that.

Jennifer Walker ([00:26:30](#)):

Ignorance is not bliss necessarily.

Warwick Schiller ([00:26:41](#)):

So did you recover from the endometriosis?

Jennifer Walker ([00:26:44](#)):

Well, I certainly learned that my diet was a major contributor. Being a bit of a wild child. I used to eat cocoa pops and ice cream and probably McDonald's and didn't really eat any salad till about 28. And then I started to go, oh, this diet's probably not really good. So I learned that. So I got myself on a fresh food diet, started to eat salads and healthy foods.

Warwick Schiller ([00:27:13](#)):

Did you find that the foods you were eating, did you find that there was a mindset behind why you were eating those things? Was it a coping strategy thing? I'm a big fan of Brene Brown. Do you listen to Brene



Brown at all? Yeah, and I remember reading a book of hers years ago, and she was talking about numbing behaviors, and she was talking about, she actually said she was talking to someone who used to be a heroin addict, and he'd been clean for 20 years and she was talking about numbing behaviors. And he said, do you mean me spending three hours a day on Facebook is the same as shooting up? And she's like, pretty much, yeah, you've just got a different drug of choice. Did you find come to the conclusion that your eating was a coping thing or not?

Jennifer Walker ([00:28:19](#)):

I just don't think that in my family of origin, we were taught to eat well, I think yes, the things I was eating was definitely a sugar hit. So you look at the things, do I still love Cocoa Pops? Absolutely. Do I still love ice cream? Absolutely. It's

Warwick Schiller ([00:28:38](#)):

They rice. I know.

Jennifer Walker ([00:28:39](#)):

But I'm certainly learned that when you get on the fresh diet, and I can talk about this later, but I've got a whole program now on fresh eating. And when I say fresh eating, I don't mean rice and pasta. I mean something that's growing. We can talk about that. But I will say one thing, and this is just my observation, and I know that some of the elite horsemen probably don't agree with this, but my awareness that if I've eaten steak or something heavy, my energy doesn't flow with the horse is good. Just my little belief there.

Warwick Schiller ([00:29:24](#)):

I wouldn't probably call it a belief as in other people don't believe it. I think you've got to be at a certain level of self-awareness to be able to tell the difference. I think that's having a guess here, but I'm guessing that it's not that you believe that and someone else doesn't believe that story. I think you've got to be at a certain level of self-awareness to be able to tell the difference between the two. You've got to be tuned into you and tuned into your horse, and you've got to have a pretty clear mind to do that. Do you ever meditation practice? Do you meditate at all? Yeah,

Jennifer Walker ([00:29:58](#)):

I've actually, in my program, I've got a whole, I've got hypnotic meditation, so I've written some programs with meditation, but with hypnotic. So it's guided meditation. It's got hypnotic suggestion within them. So it's a program I've produced, so

Warwick Schiller ([00:30:16](#)):

Yes. Oh wow. We'll have to get through all the parts of getting there first. Okay, so you changed your diet. That helped quite a bit

Jennifer Walker ([00:30:27](#)):

Straight away. I think if you get onto a fresh food diet, any sort of illness is going to start heading the other direction because you're alkalizing the body. So I mean, it's probably a bit personal on a podcast, but every month with my periods, I'd be just in agony, and then you're trying to ride horses and do stuff.

So as soon as I cleaned all that up and got on a fresh food diet, my whole world changed a lot. So I felt a lot healthier in that regard.

Warwick Schiller ([00:30:57](#)):

Was it personally hard to stick to that diet? Did you have the cravings for the sugary stuff?

Jennifer Walker ([00:31:02](#)):

I actually believe if you can hang in there for seven days, you're right. I don't think it takes that long to get on those kicks and do it certainly 21 days. And you actually don't like the taste of the sugary things. That's been my observation. If you can hang in there for three weeks, you eat something sweet and go, oh, that's a bit sweet. But I know lives get busy. I know I'm super busy at the moment. Sometimes you'll just go and have a hit of something sugary because you've just got to keep going. And it's probably, I think we're all human in that regard too.

Warwick Schiller ([00:31:41](#)):

Oh yeah. But I also think a big part of it is your perception or your outlook on what you're actually eating.

Jennifer Walker ([00:31:51](#)):

I know, I, I agree with that

Warwick Schiller ([00:31:53](#)):

So much. If you are eating healthy and you're thinking, oh God, this stuff tastes so boring, it tastes like shit, I wish I was having something with a lot more taste instead of it's the same, you're eating the same thing, but if you look at it and you think about, this is nourishing me and it's good for me. And you can do the opposite with the sugary stuff too. You can think, oh, this stuff tastes so good, or you can be thinking how bad it's for you. But yeah, I'm a really big believer in the whole, you create your own reality by the way. You tend to view things. And I imagine it's the same with the food too.

Jennifer Walker ([00:32:31](#)):

Yeah, I saw something or read something, and I was thinking about it only in the last day, how people can be cigarette smokers and only eat meat and do things like that, but if they've got the right mindset and vibration, it doesn't seem to affect them so much. You ever noticed that? I'm not saying I'm not go out and be a smoker or anything, but Yeah.

Warwick Schiller ([00:32:55](#)):

Well, what went to, I flew to LA last year, the year before, I can't remember what it was, and did an energy healing ceremony with a Native American shaman. And he was talking about smoke, and he was saying that there really wasn't lung cancer with indigenous people in smoke because of the way they viewed it. When you were smoking, you weren't thinking This thing's bad for me. That's

Jennifer Walker ([00:33:24](#)):

The thing. They've got it on the packets and everything now.

Warwick Schiller ([00:33:29](#)):

And years ago, I worked for a wealthy client of mine. His wife was a client of mine, but I ended up working for him personally privately for three years. And he was the biggest headhunter in Silicon Valley, so he was an IT executive recruiter. He's actually the guy that recruited Tim Cook for Steve Jobs to take over Apple. But anyway, he was a cool dude, like the coolest guy ever. But he had their gardener. He had a gardener that used to do all the gardening for them and grow all their veggies and stuff. And he used to juice wheat grass, so he'd do wheat grass shots. So he grows the wheat grass and puts 'em in the juicer, and he would do the wheatgrass shots. And one day I was up at the big house on the wrench there, and Rick was his name. Rick said, do you want to do a wheatgrass shot?

[\(00:34:22\)](#):

And I said, okay, I'll do wheatgrass shot with the, you go first. And so he gets this little wheatgrass shot and he gets a wheatgrass shot, and he looks at it and he kind of closed his eyes and he kind of mumbles it to himself for like 30 seconds. And then he does the wheatgrass shot. And I said, what was that all about there, Rick? And he goes, well, the thing about the wheatgrass is it is tastes so disgusting that if you don't tell your body that it's good for it, it will kind of reject all the vitamins and stuff in it. You won't get the benefit out of it. And I said, well, see Rick, that's why I don't have to do wheat grout shots because if I eat a nice steak with a big juicy piece of fat on the side of it, I think of that as the healthiest thing my body can, I don't eat much red meat anymore.

[\(00:35:14\)](#):

But back then I said, I look at that as like, that is the healthiest thing my body can eat right now. And it manifests exactly. It utilizes it that way. And he looked at me, he goes, well, a cut doesn't work that way. And I said, yes, it does. If your wheatgrass works that way, this works that way because exactly the same thing. But my big pet peeve with food and women, I don't have a pet peeve with women, but my pet peeve with food and women is you go in the, we call it a paper shop in Australia. It's where you buy all your magazines and stuff. Every woman's magazine has the word guilt in the front, a guilt-free recipe, meaning if you are eating real food, you've got to be guilty for it. And this recipe will stop you from feeling guilty. And I mean, when I first met my wife Robin, she was aerobics instructor who ate less than 10 grams of fat a day.

[\(00:36:15\)](#):

Fat was the devil. Oh, okay. Yeah. And you can breathe 10 grams of fat of air, I think. But she used to eat all this low fat, no fat stuff. And then years later she comes to realize, oh, just a chemical shit storm. But she thought what she was taking in was good because there's no fat in it, because fat was the enemy. And it wasn't until I bought a book in Australia on a trip one time called The Big Fat Lie. It was actually written by a lady who was a food critic for big newspapers or magazines in New York, I think. And so she'd go to all these restaurants to critique their food, but because it was free, she didn't get to choose what they gave her. They bought her the food, and she said she was eating all this stuff with all this really rich creamy sauces and all that sort of thing, and she wasn't gaining weight, and she was eating out every night and eating all this stuff that she thought should make a fat.

[\(00:37:15\)](#):

And she's like, well, what's the deal? And she started looking into the Inuit Eskimos who just eat blah, blah, yada, yada yada, and started looking into all sorts of things. And it turned out that the guy that invented the K rations, so if you like American Army rations called K Rations, and this guy's name started with a K, but he was a nutritionist or something or other, but he developed those anyway. He had this idea at the time, there was an epidemic of heart disease in America, this the fifties, I think. And at the time he came up with the idea that fat is what's causing it. And so he got the backing of the American Heart Association early on, and it didn't matter if someone published a two page article in the American

Medical Journal, whatever it is, about how fat is not the bad guy, he would publish a six page article, totally refuting it, and it was like this big these days, you know that fat's actually good for you.

(00:38:17):

I'm not saying eat it all day every day, but you know who Tim Ferriss is. Yes. Tim Ferriss went to Brazil or something or other, somewhere in South America and lived on a fatty meat diet and was down to 8% body fat or something or other. He was ripped on a fatty meat diet. But anyway, yeah. So anyway, sorry, I got on a tangent about food there, but when you said about the food, I really feel sorry for women because there's that whole stigma about eating, and like I said, every magazine's got guilt-free on the front of it, and it's like, oh, you stop believing that stuff because then you eat something that could be good for you and you perceive it as bad for you.

Jennifer Walker (00:39:05):

It's funny. I'm very particular about what I hear and people say, and so I've got a philosophy. If you're going to eat it, eat it and enjoy it, or don't put it in your mouth. If you're going to feel guilty, don't eat it and be guilty. You either eat it and enjoy it and go, that's okay. But when you get into that, oh, I'm having an extra bit of cake, don't do that because putting it on. Right.

Warwick Schiller (00:39:30):

Yeah, I might as well get into it. Now imagine there's some N L P stuff in that too, isn't there?

Jennifer Walker (00:39:37):

Well, N L P is all about language and modeling and certainly, but I think even before I learned N L P, I'm very particular. Even yesterday, I was in the car with someone and they were on the phone to a relative, and every second thing was he said, how are you going? And then the relative said, oh, such and such has got cancer and such and such is not well and such and such. And I'm just thinking, oh my God, I didn't want to hear it. I actually wished I could have put headphones in at the time, so I didn't have to hear this conversation because I don't want to feed that into my mind. I'm very careful what I listen to, who I'm around, because you're just setting yourself up mentally for things. So

Warwick Schiller (00:40:21):

Yeah. Okay, we'll get into them because I really want to ask about N L P N L P later on. So sorry. Then you were talking about you change of diet, and then I got really off track on

Jennifer Walker (00:40:32):

Well, look, I mean, the short story is it didn't help my fertility. I probably learned these things maybe a little late and things, but it certainly, once I learned the diet, it certainly, and that my mindset was contributing to my illnesses or illness, it certainly changed things. And I'm so healthy these days for another 30 years down the track when I'm heaps healthier. And then I probably was in my twenties, really.

Warwick Schiller (00:41:04):

Right. So what was the next step of your evolution? So you've changed your diet and you've the next step. Oh,

Jennifer Walker (00:41:15):

I know. I know. I'm trying to think myself. I went to an Anthony Robins seminar.

Warwick Schiller ([00:41:22](#)):

Okay, now we're getting somewhere. Okay.

Jennifer Walker ([00:41:25](#)):

That's right. I was up late one night and I was a little bit unhappy because obviously I had an infertility thing going on, probably wasn't helping my relationship with my husband. And so I was sitting up one night watching this infomercial with Tony Robbins, and I said, right, I'm going to this. And so we had to put it on our credit card at the time, and my husband was just going, oh, no, what she dragged me off to. So we went, oh,

Warwick Schiller ([00:41:53](#)):

Your husband went too?

Jennifer Walker ([00:41:54](#)):

Oh yeah. Well,

Warwick Schiller ([00:41:55](#)):

Oh, awesome.

Jennifer Walker ([00:41:56](#)):

Yes, he went to, and we went to unleash the power within where you have the fire walking. You did the fire walk. I've done it twice, yes. Have you? Okay. Yeah, I've been to unleash the power within five times now, so I'm probably a bit of a junkie with that. But that first one, yeah. So we went there and I just learned so much. I was so intrigued with what he was teaching at this seminar that I didn't even want to go for a pee. I'd run to the toilet and go to the toilet and come back. I thought I would miss something, and I learned lots from the seminar.

([00:42:38](#)):

The firework really is to show you that if you can focus your mind and be singly focused, you won't burn your feet. But if you start thinking about burning your feet, you're going to burn your feet. Were there people there that got scalded feet? Yes. Really? No, it's not child play. But yeah, so I went there and he also goes into a lot of diet aspects as well. But what I really got from that seminar, there's obviously lots, but what I came away from that is, and I'd say anyone who's listening to this, I've got two arms, I've got two legs, I've got a brain, I can go and do anything I want. And I know that sounds a big hairy goal, but he made me believe in me a three or four day seminar. I came away going, well, why can't I do these things? So I came home and I think within probably three weeks I'd already had a beautiful arena at home. And so within three weeks I set up an equestrian center and started coaching. I already had my qualifications. I was already accredited, maybe I just didn't feel confident enough or something. But I came home and set it all up, wrote a program, wrote a training program that I was bringing my students through, and within three weeks I started my own business, which ended up being quite big and successful teaching predominantly juniors.

([00:44:17](#)):

So that was a pretty big step, I guess.

Warwick Schiller ([00:44:24](#)):

What did your husband think of it?

Jennifer Walker ([00:44:26](#)):

Well, see, you can lead a horse to water when you go through this. Tony Robinson says, find your biggest fears, and he wants you to work on those fears within this environment. So some people work on surface fears, whoops. Some people work on their surface fears, and some people work on the real work. When we were there, my husband, he took on board what was being said and got into it, and I love him dearly. We're not together now, but part of, well, but two days later, he was back to his old ways. So in the environment, he listened and he got stuff out of, and even when he came home, he was telling people how good it was, but a couple of days later, he'd gone back to where he was at and I'd taken this information and run, and probably that was where there was a big change in the two of us. I was on a growth journey at that point.

Warwick Schiller ([00:45:38](#)):

That was one of the reasons I asked, because when you in a committed relationship and you start to change the way you view the world, unless both of them change, my clinics have been the catalyst for a number of divorces

([00:46:01](#)):

Maybe years later. But it was the start of, and some of them were, the divorce came about because initially they started like, well, I look at working with horses totally different than you do, sort of thing. But then that seeps over into other parts of your life and they just grow further and further apart. And then there's like, oh, why have I been with you all this long? I've never really thought that way. You know what I mean? It kind of unraveled some stuff. And then sometimes from the clinics, it's the people just realizing they need to do the inner work sort of thing. And just like with you and your husband at the Tony Robbins thing, you can go separate ways. I've been very lucky that my wife has kind of joined me down the rabbit hole.

Jennifer Walker ([00:46:59](#)):

That's cool. Yeah,

Warwick Schiller ([00:47:03](#)):

And for the longest times, I've been doing ice baths for quite a while, quite a couple of years now at least. And the cold was the one thing she said, I would never do that, never do that, never do that. But she listens to lots of podcasts and she's been listening to, had been listening to enough to where she's like, I think the cold actually is going to be good for me. So she started doing it the right way, just turn on her showers down a little bit at the end, and then more, and then until she could turn it all the way down at the end. And then here, I don't know, it's probably been maybe three months now, I've got a chest freezer out in the garage, do ice baths. And she started doing ice baths, and I've usually have mine about 48 degrees Fahrenheit, which is about eight degrees Celsius,

([00:47:51](#)):

So it's pretty chilly. But anyway, once Robin started doing 'em, her first one was at 76 degrees, which is about 24 or something Celsius. So nice and warm. And she thought that was cold. It was just basically water out of the tap looking up with that wasn't plugged in yet, but then she worked her way down. Then she worked her way down to the high, we measured in fifties here, but she was like 52 or

something or other. And then she was working her way down to like 48 where I normally have it. And then she listened to this podcast that said, you're not affecting the vagus nerve until it's under 45. So what does she do? Screw the 48. She's doing the 45.

Jennifer Walker ([00:48:28](#)):

Well, all in.

Warwick Schiller ([00:48:30](#)):

And she does it every day now. And it's so cool to watch her do it because you get in and you control your breathing. You control from going into the sym nervous system. But what I love, and she doesn't do it as much anymore because it's not as exhilarating, but at the end when two minutes goes off and her eyes would pop over and it's just like, I won. I beat that son of the bitch sort of a thing. You know what I mean? Yeah, okay. But the cold, you were saying something a minute ago about the food. The cold is kind of the same thing. If you reject the cold, if you think how cold it is, oh, it's bloody painful. It is horrible. It's like a lesson in acceptance. You've got to go, this is good for me. Robin's got this audio that she listens to, has a coach, coach her through the thing, and it says all things like, you can do this, and this is what it feels like to be cold. You can melt the cold, but okay. Yeah. But anyway, I'm so proud of her because she's really embraced it, you know what I mean?

([00:49:48](#)):

And it's helping her. She recently had a bit of a medical procedure that, and Robin has some health anxiety. If she's got to have anything done to her, she tends to think the worst is going to happen. And so she can get kind of worried about things. And she had a bit of a medical procedure a couple of days ago, and she was so different. She was so strong for her. And I said, do you think it got anything to do with the ice baths? And she looked at me and all of a sudden, you can see the thing ticking over in her head like, oh yeah, because when you, that's what made me think of it, the firewalk thing. Sorry, that's what it was. You said, if you can focus your mind, you can walk across the colds and not burn your feet, but if you can't focus your mind, if you think your feet are going to get burnt, they get burnt. That's what made me think of that whole story. The ice bath is the same thing. If you think it's cold, it's going to be cold. If you just focus on the negative, it's is nasty. It is no fun at all. But if you focus on controlling your breathing, that's a big part of it.

([00:50:53](#)):

Yeah, it's cool. But anyway, she's bought into it. So yeah, I think with the whole personal growth stuff, it's sometimes hard on relationships when one is all in and one's all

Speaker 1 ([00:51:07](#)):

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Jennifer Walker ([00:51:25](#)):

Yeah, I think it's a huge problem. I think it's the difference between conscious and unconscious living. And when you're not both living consciously, you're letting your patterns come and interfere in things and all sorts of things. But we can get into that one.

Warwick Schiller ([00:51:43](#)):

Okay, so Tony Robbins, then what happens?

Jennifer Walker ([00:51:46](#)):

Tony Robbins. Oh, then I probably became a personal development junkie and probably, it's probably not too many. I haven't been to Wayne died Deepak Chopra.

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

Oh, really? Yeah. How is Deepak? Is he cool?

Jennifer Walker ([00:52:03](#)):

Deep? Yeah. Synchronicity of something, your destiny or something. Oh yeah. Fairly deep. And

Warwick Schiller ([00:52:12](#)):

Basically Wayne Dyer, every clinic I do most things I do. I quote Wayne Dyer, and he says, when you change the way you look at things, the things you look at change,

Jennifer Walker ([00:52:21](#)):

Things look changed.

Warwick Schiller ([00:52:22](#)):

I just love that. That is

Jennifer Walker ([00:52:23](#)):

So true.

Warwick Schiller ([00:52:25](#)):

And it's so profound. Once you change you, what you did say with the horsemanship thing, once you change the way you look at one thing and it changes that thing forever, then you start to look at, well, what else do I look at with a certain lens? You know what I mean?

Jennifer Walker ([00:52:42](#)):

Well, just what you said, that is my whole work. So my whole life's work comes down to what you've just said. Have you heard of Ho Nonono?

Warwick Schiller ([00:52:54](#)):

It's funny. I had Linda Ton Jones on the podcast a while ago, and that was one of the first things she started talking about.

Jennifer Walker ([00:53:02](#)):

Yeah, that is profound, absolutely profound. And it's so deep down the rabbit hole that it can be a little bit overwhelming. Then you think, who am I? Who are you? Who are we? How much can you create



your own reality? Are you reality shifting? What can you actually achieve? And my goodness, I think it's actually quite exciting, and I actually pretty much do it every day. Yeah,

Warwick Schiller ([00:53:35](#)):

It's so cool. Are you into quantum physics at all?

Jennifer Walker ([00:53:39](#)):

That's what my whole make happy Habit program is on. It's based on, yeah,

Warwick Schiller ([00:53:45](#)):

Once you, not that I understand quantum physics, I'm no scientist, but once you understand that the observer effect and that everything's energy and yeah, it's just like, okay, there's, there's all these realities that are available just to focus on the own one. Okay, so

Jennifer Walker ([00:54:07](#)):

We've gone deep down into the rabbit hole

Warwick Schiller ([00:54:08](#)):

There. Well, no, this is good. So Wayne Dyer, Deepak, who else? Who else you been seen?

Jennifer Walker ([00:54:14](#)):

I can't even think I've done well, some of the courses have been live courses. Some have been like the Joe Dispenser work.

Warwick Schiller ([00:54:26](#)):

I was going to say, have you got into Dr. Joe

Jennifer Walker ([00:54:27](#)):

Yet? Oh, I love him. Who's my favorite at the moment? I like Gary. Oh, and here we go. Now we're going down the rabbit hole. Do you know Abraham and Esther and Jerry Hicks?

Warwick Schiller ([00:54:43](#)):

You know what? I've got a book here that someone sent me. So isn't that the channeling thing? Yes, yes. I haven't read it yet. Is that Seth? Is that the

Jennifer Walker ([00:54:55](#)):

Different person? Abraham is Abraham, and I think they got introduced through an entity called Seth.

Warwick Schiller ([00:55:04](#)):

Okay.

Jennifer Walker ([00:55:05](#)):

But I mean, anyone who's going through anything challenging, if they just look up Abraham and Esther, Esther and Jerry Hicks stuff, there's so much stuff on YouTube, and it'll just make you feel better. This was amazing. Yeah, it's very good stuff.

Warwick Schiller ([00:55:22](#)):

Yeah, stuff's amazing. What about, so Dr. Joe and the Dr. Joe,

Jennifer Walker ([00:55:30](#)):

I can't even think of all the people I've followed and been to

Warwick Schiller ([00:55:35](#)):

Gary, the seat of the soul, isn't

Jennifer Walker ([00:55:37](#)):

It? Yeah. Yeah. I really enjoy his principles. I tell you what I did here, and this is from, have you heard of Ramdas or

Warwick Schiller ([00:55:46](#)):

Yeah.

Jennifer Walker ([00:55:48](#)):

I mean, we're going into deep things here. You're talking about profound things that you've learned over the years. One of the things I learned in that was about love and how the story goes, and this is a very brief explanation of this story. Apparently there was a gentleman who had his guru in India, and the guru was dying whenever he was in the presence of this guru, he felt euphoric. He felt amazing. So what happened is this guru was dying, and he went to him and said, how am I ever going to feel like this again? He said, what is it that you had that made me feel like this in your presence? It's going to give me goosebumps just telling you this, but he said, I let you love me. And I've never forgotten that. It's been one of the most profound things because we're so busy thinking we have to love others and love people and love this, but maybe we have to be a clear vessel to allow them to flow their love. And that's where the big gift is, because yeah, that was really profound.

Warwick Schiller ([00:57:05](#)):

I don't think that's as easy as it sounds because

([00:57:09](#)):

The reason we don't let others love us is we have these shields up because we can't let our true selves be seen. And I think the work is breaking down those. I love it when I meet somebody who's, so we've got these questions later on, and one of the questions that you didn't choose, but some people have chosen was one of the questions is, what quality do you admire in other people? And one of the podcasts, I did a podcast on all the 20 questions I said, I'm going to answer. These are the questions I give to my guests, but I'm going to go through and answer every single one of them. And my answer for what quality do you admire in other people?

([00:57:56](#)):

Well, I said, what I used to admire in other people, but then I said, but the quality I admire now is openness, people, vulnerability. You talk to 'em and you just get this vibe off to what, they're not hiding anything from you. There's no shield up, and it's a feeling you get from them. There's an energy that just comes off them that's just so pure, so to speak, and it's like, oh, I want to be that person. I want to get rid of all these facades that you build up around each other, around yourself, and that that's the quality I admire and the people at the moment.

Jennifer Walker ([00:58:36](#)):

Yeah, that's beautiful. I think that's the journey, isn't it? The journey of clearing. And that's what my whole work is on. It's clearing the beliefs, the patterns, and the behaviors that take you away from love or that create a person being triggered or a person judging, or the more you can strip away those beliefs and mindsets, the clearer you are. And then you don't see people in a negative light. You just see their pure essence as well. If you are coming from an essence of love, then you can just see someone, not their behavior, but see who they really are underneath that. But I think that is our journey. I think as humans, that's what, if we work towards being clearer than we present in a way that people feel more comfortable around us as well.

Warwick Schiller ([00:59:33](#)):

You mentioned Ramdas, and what's interesting about him is him and Timothy Leary, back in the Stanford days did a lot of L S D I know

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

Reading a Ramus book, and he was talking about, they used to do a lot of L S D, and they would have these experiences, these other worldly experiences, mind expanding experiences. But he said, then I realized that the point of doing the L S D is to show him what's possible. And then he had to figure out, how do I do it with it? I know what's possible. I know what ways of thinking are possible. Now I've got to be able to do that without the L S D. And so that's when he went to India and found his guru. But yeah, he said that the L S D was mind expanding, but then you needed the L S D again the next time to do the same thing. And he wanted to figure out how to do it without the L S D In that book he was talking about when he came back from India and he was doing lots of talks around the country.

([01:00:48](#)):

This is in the early seventies, I think, and most of the people that came to his talks were young and dressed in white robes and that sort of thing. And he said one time he's talking and there's this little old lady sitting in the front row and she's got patent leather shoes on, and a knitted cardigan and a skirt and her little frilly shirts buttoned up to her neck sort of thing. And he said so. And she was sitting there wrapped, just glued to him, listening to every word he said. And he said to us, so what brings you here? How did you come to Biggie? And she goes, oh, why I knit, she knits. And so what I got from that was when she knits, she is just in the moment. She is in the present. She's close one pearl one or whatever you call it. You know what I mean? She is in the moment. My mom used to knit all our jumpers and stuff when I was a kid, and she would sit there at nighttime and she'd just be in the moment. So yeah, knitting might do it too. Okay, so what came next? You were so down the rabbit hole.

Jennifer Walker ([01:02:01](#)):

You want vulnerability. This is going to be a bit of a story and I'll try not to cry. I do have skills that I should be able to keep myself together. Look, it doesn't matter who you are, things are going to happen in life. I just happen to do it at a bigger level sometimes. So I had the writing school and I saw the impact

I was able to have on so many children, just teaching them how they thought and giving them self confidence and self-belief. So I was really impacting a whole generation at my center. It would be nothing to have 30, 50 kids on a weekend come through the place. So it ended up quite big, but I guess I was sort of thinking, how can I take this message to a bigger audience? And anyway, within the writing center, the pony power concept was born, which I actually didn't mention this in our little chat.

[\(01:03:02\)](#):

So I actually developed a whole TV series called Pony Power and there was a pony fairy involved. And so what the concept was, it was a book series. I actually got one of the books here I'm going to show you. It was a book series and there's one of the books, no More Nightmares. So that was a story about how to think happy thoughts before you go to sleep so you don't have nightmares and things. And there's the phony fairy that was my wall blood. That's actually a real shot, not a ING character. But anyway, so the Pony power pony fairy concept was born and being a bit of a out there person, I actually sold my Cian center to follow this dream. And I moved back, moved to my mom's property, and she was married to, she had remarried. And so we set that up, we did all the old stables off and made it beautiful and we built a film studio there, and we filmed a pilot for this series and we took it to the networks and I got a call back from the A, B, C in Australia.

[\(01:04:16\)](#):

They said, we love the concept. They wanted me to change a few things because at the time it had children writing these ponies. So it was based on six little Welsh mountain ponies, all different colors, and they all had an archetype, so they had a character. And so they wanted me to change a few things. They said there's too many moving parts with children being filmed and they can only work 50 minutes every hour. They can't start before six. And so I changed the concept to just one human character, which was human, like a fairy, the pony fairy. And she narrated the stories and the ponies would go out and do the adventures and each story had a very specific message, whether it be to believe in yourself or be kind or it was all mindset driven. Anyway, so we were there. I was filming the second pilot to take back to the A, B, C, and I had a bit more to do and my mom got ill and she got pneumonia and was taken to hospital. And so hang in there with this story. So she was in hospital and she was very ill, but she survived that. It took six weeks and she came out anyway, she was out of hospital one day and she had a stroke and she died.

[\(01:05:41\)](#):

Anyone who's lost a parent knows it's a challenging situation, but it left me in a very vulnerable position because when two people are married, everything goes to the spouse. So now I was on a property and my stepfather owned the lot and I had no leases in place. It was a family thing, it was a lot of money involved on my mom's side. And anyway, within four weeks of my mom dying died, he kicked me off the property. It was basically around money. So I found myself with a team of close to 20 trick train ponies and horses and for this film project, because every horse, every pony had a double. Something happened. And so I had no home, no income. I was also still teaching there, and I was stuffed basically the day that we got home from the funeral, I found the children to my stepfather in mom's office, going through her bank account, seeing how much money was there.

[\(01:06:51\)](#):

It was just like it. I was like, oh my God, I'm in so much trouble here. So four weeks to the day I was told to vacate the property. So yeah, I was stopped. So I basically, I had nowhere to go. I had to sell these ponies. And it was hard because I'd spent so much time finding that quality of pony because I had very beautiful Welsh ponies, but training them to rear and bow and do all the things they needed to do for the series. So I had to sell the team. Basically my dream was in tatters, I was able to keep my pal got one

P border horse and a pony, and I even had to give one of my dogs away. I was just stuffed. Anyway, so I went into a fairly big depression. You'd have to say you're dealing with grief and losing a parent.

[\(01:07:49\)](#):

But I lost my home, my income, my mom, all within four weeks. But that wasn't really cool. So I mean, I knew that I had to be very mentally strong and focused because in those moments you really need to walk your talk. However, I was living in the back shed at one of my students' properties and I wasn't in a good state. So hence, instead of just going into a decline, I went, well, I need to shift myself here because I'm not good. Anyone who's listening to this, chances are there's times in your life with do not traveling well. And I identified that. But I think because of my background with horses, and I often wonder what makes one person search for answers and one person wallow in the situation. That one question is something that interests me a lot. But I did choose to start searching for answers.

[\(01:08:52\)](#):

How can I get out of this situation? I wasn't good. And so at one of the Anthony Robbins seminars, I was in line to get a drink or something and there was this jovial bloke behind me. And we got chatting and a younger fellow and had lots of life about him and we must've exchanged Facebook names or something. And he was on my Facebook feed and he used to put these posts up about how he can help you if you've got depression or anxiety or he can help you. And I just got to a point where I needed to do something. And so I booked in a call with him and he basically persuaded me to do a session with him. Now it was \$4,000 to do a session with him so it wasn't cheap and I just lost everything. But he said, well, you can pay it off.

[\(01:09:45\)](#):

And I just needed to trust someone. Sometimes you just need to have some faith in someone somewhere along the way. So enter the N L P. So he did a thing called a breakthrough session with me, and it was timeline therapy, N L P, and there's a couple of other tools within N L P. And we did three sessions. And at the end of that week, I had no anxiety, no depression, and I was actually waking up happy every day. It was so amazing. I would wake up in the morning and I would check in with myself and go, oh my God, oh my God, I'm all right, I'm alright. And I actually, until you get rid of your anxiety, you dunno how bad it is until you haven't got it anymore. That's one thing I really right.

Warwick Schiller [\(01:10:36\)](#):

It's your normal, you dunno how un-normal it is until you don't feel anymore.

Jennifer Walker [\(01:10:41\)](#):

Yeah. So I'd wake up, my eyes wake up, and I remember when I was not good. You'd wake up every morning and you were in complete angst. Your stomach would be tight and you're just wondering whether you can get through the day. And then a week later I'm waking up happy and I honestly probably thought it was not going to last. And you're like, something good happened. You just go that. And I'd wake up every day going, I'm still all right, everything's good. And it made such a change in my life. I went, I have to go learn this. I have to go and become practitioner because how can anyone be this good? And just gone through what I've gone through. So yeah, I didn't know I were going to share that story, but anyway, so yeah, I went and became, I'm a master practitioner in N L P timeline therapy and hypnotherapy. And

Warwick Schiller [\(01:11:33\)](#):

Was there any hypnosis involved in his sessions?

Jennifer Walker ([01:11:36](#)):

No, there wasn't. Actually the timeline therapy, it's a process where you go back along a timeline and you release, remove any emotions from the past, and I had a fair few at that point. I'd gone through a divorce and infertility situation, so I've probably had a fair bit. The funny thing is when I booked in with him, I had a pack of tissues there. I went, oh my God. I remember the morning I was having the first session. I thought, here we go. I'm going to have to tell some total stranger, oh, my darker things that I probably lived with, but it's not like that at all. They don't even need to know circumstances. As a therapist now, all I have to do is find the emotion, just find the emotion that you're feeling and we can remove it or release it is a better way for it. So that's how I got into the N L P and yeah, so you do your practitioner level, then you do your master practitioner level. And so I've done both those now and work with people on that level, and you just see them change. Someone can be living with anxiety for 20, 30, 40 years and boom, it's gone.

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

I think for me, I'm actually on a mission now to get the word out that these processes are available because most people think, oh, I've got to go on antidepressants, or I've got to go to talk therapy, or I hit the bottle and gamble and do porn, or whatever people do. So these methods are so available and so quick I've got people that send me testimonials and go, you've changed my life. Which I know because my mate, Luke did it for me. So yeah, so that's where that came from.

Warwick Schiller ([01:13:24](#)):

Okay, so we've got a lot of the story here. Okay, so your little bio thing says, runs unbridled, the mind equine therapy retreats for adults and troubled teens. Can you tell us a bit about that? That sounds very cool.

Jennifer Walker ([01:13:41](#)):

Yeah, I love doing that work. It's based on mindset. So we do theory in the morning and then we work with the horses in the afternoon. The theory is definitely even just someone learning that a thought creates an emotion, just that one thing. There's a couple of main key things that I teach in the theory part. But yeah, so when people start to realize that their thoughts create emotions, then they can start going, well, when I'm feeling bad, what am I thinking about this? Taking me down a rabbit hole of not feeling good. So we do the theory in the mornings and then in the afternoon, a lot of that work is really about becoming present and being in the moment with the horses.

([01:14:29](#)):

We do liberty work and some fun things as well, but a lot of it is grooming, A lot of it is learning how their energy is affecting that horse and the relationship that's going on between the two beings. At any given time, sometimes horses will just look away and not want to interact with someone. Sometimes they present as bothered around some people, and then some people they'll push on and be rude. So there's so much going in there that the horse is a mirror to the person. And so it's not like I have to say anything. The horses are showing so much in those situations. So yeah, I think it's really powerful work, and I'm not affiliated with any body in that this is my system that I've developed with my N L P and with my therapy. So I sort of combine the two.

Warwick Schiller ([01:15:25](#)):

Where do you the troubled teens come to you from?

Jennifer Walker ([01:15:29](#)):

Well, I advertise on social media and parents see.

Warwick Schiller ([01:15:35](#)):

Oh, so the parents bring 'em to you. They're not coming from a juvie or anything like that?

Jennifer Walker ([01:15:40](#)):

No, I would love to do that work, but a lot of people, it's word of mouth as well. People hear sometimes, well, I know one last, a lady booked her daughter in for writing lessons, and I'm a pretty fun coach. I can normally crack a kid and have a bit of fun. And this young last year, I think she was about 13, I couldn't get a smile out of this kid. And I thought, yeah, this is not good. Normally I can have a bit of fun. And she was actually quite a handy little rider too, so she probably was on that verge of I know it all anyway, but mom had brought her and we got three weeks in and the mom just rang me and said, I found that my daughter's considering taking her own life. I've seen it on her. She's looked up on the internet, how many sleeping pills she needs to take to end her life.

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

And her mom was just hysterical on the phone. Now she'd really just come to me for horse riding lessons, but I think she'd actually heard that there was more going on in our horse riding lessons. And so I guess it is word of mouth, so bang, straight away, I knew how to help this girl and this lady, and it's such a great thing to have those skills because I've impacted this young little girl's life. She was getting texts saying she was getting bullied at school, and she was texts like, oh, you are just ugly and we'd all be better off if you were dead. And the mom found all these texts just horrific things.

([01:17:19](#)):

So firstly, I mean, we did some sessions with her. I mean, we got her going. The mum bought her a horse. I said, let's just get her a horse, find her a horse. You know what I mean? Let's just do whatever we need to do. We found this other little quarter horse, and then she came to me for sessions and just learning that her thoughts create her reality. She's just this little kid going around now going, she's not so little now, but you know what I mean? She learned that she pulls a mom up now, mom, don't be thinking like that. Don't talk like that, mom. You're creating that. She's so

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

Adorable. That's awesome.

Jennifer Walker ([01:17:55](#)):

But yeah, so with that little lash as she learned about reality and about, well, that you can create your own reality. And the funny thing is about this little girl, you should see her now, she's drop dead gorgeous. She's just finished her schooling. She did her prom recently and I saw the pictures on Facebook. There's this beautiful, she's modeled material beautiful. And these horrible people were telling me she was fat and ugly. She went through that little stage as a 12 year old daughter, and I thought to myself, I looked at her on Facebook, I went, there you go be. I bet you're all not saying that to her now. And she actually started a program in her school and she would put up posting, if anyone's not happy or they're getting troubled, you come and see me.

Warwick Schiller ([01:18:42](#)):

That's awesome.

Jennifer Walker ([01:18:43](#)):

Yeah. So she'll go and do some great things that kid.

Warwick Schiller ([01:18:46](#)):

That's very cool. So in your bio here it says, you're creating the creator of a cutting edge healing modality called the E T P method. What is E T P stand for and what is this E T P method?

Jennifer Walker ([01:18:59](#)):

Okay, well, it's my modality that I've developed from working with lots of people. I'm giving you sacred information now of what it actually is. So this is my belief.

Warwick Schiller ([01:19:12](#)):

This isn't a podcast, by the way.

Jennifer Walker ([01:19:15](#)):

Pardon? Oh yeah. Okay.

Warwick Schiller ([01:19:17](#)):

We're on a podcast. So you're not just giving it to me, you're giving it to whoever this is at the podcast.

Jennifer Walker ([01:19:21](#)):

I know. So what it is, is we have to clear ourselves. So if we've got anything going on, troubled relationships, health problems, anything, it'll be some sort of clearing that needs to happen, whether it be energetically or emotionally in our mindset or in our physical body. We have to clear, that's our job to get to a happier state where we can manifest things easier and be happier. So this system is, step one is we have to clear our energy field. And so now we're going down the rabbit hole. So within our energy, we can have attracted things that aren't good from an outside environment, and this is more of a feeling thing than you can't go and see things. Although the gentleman who I go to for energy healing, he can actually see around your body and see what you've attracted. And he might've walked through a shopping center and attracted something.

([01:20:27](#)):

So I know that sounds a little bit esoteric, so it's basically clearing your energy field around you. So that's the E for the E T P method, you might want to go see a guru. I know there's a great guy in, it's called the Four Winds Institute and he's in Peru. His book is Healer Sage Wisdom or something, Alberto it. He does this energy healing. Amazing. I would love to go see him, but you might be able to find energy healers, you've sort of got to ask around a little bit. So that's the first section. So clearing this outside energy field. Now the other thing is when you do this work first, when you go and do the clearing out past emotions or trapped emotions, you're a little bit clearer. You are you then you haven't got other people's energy that we are working with.

([01:21:30](#)):

So you're actually working directly with you and your baggage, let's say. So then we do the next section, which is basically the timeline therapy aspect. So we're doing clearing out past emotions there. And then



the next part is a process called Site K, which is a little bit like kinesiology. But what we do there is we reinstall new belief systems or thought patterns that are going to take you to where you want to be in life. So if you've got limiting beliefs in that last bit, we reinstall beliefs that you want to believe in your life. So that's the process.

Warwick Schiller ([01:22:21](#)):

So the ETPs is that energy timeline and

Jennifer Walker ([01:22:25](#)):

Okay. Yeah.

Warwick Schiller ([01:22:26](#)):

Okay. Wow, that sounds pretty

Jennifer Walker ([01:22:30](#)):

Amazing. It's life changing.

Warwick Schiller ([01:22:31](#)):

Sounds like it. And then you are the author of The Secret Actions to Happiness, which is an ebook. Tell us about that.

Jennifer Walker ([01:22:38](#)):

Yes, so it actually explains a little bit more about the E T P method in that, but it's 44 different action steps that you can take to change your vibration basically. And quite easy things to do. What you do is you go through the book and then you make your own plan. At the end of it. You might decide, I don't know what's in the book to do meditation daily. Or you might choose to go and walk out in Nature Daily or pick up a hobby or there's so many things, there's 44 different things to just go, oh yeah, I'd like to go do that. That will just raise your energy. Sometimes when people are depressed, they just need to go and do something to change their routine, to change, to get them out of the house. Sometimes it can be as important as just going, having a shower in the morning, and I know that sounds quite melodramatic, but I've worked with people that just getting out of bed that day and having a shower is their accomplishment.

([01:23:44](#)):

So I'm very aware and respectful of that. So this just gives people some activities to go and do. It might be doing a vision board, it might be making a mind movie and watching that every day. One of my favorite things is making a audio tape of things that you would like to become or hear. So you're listening to that every day in your own voice. It's like a positive affirmation, moving you towards the identity or self-image that you would like. And yeah, so it has lots of different things in there, lots of different things in there.

Warwick Schiller ([01:24:25](#)):

And so there's one last thing on your list of stuff here. You said you'd launched the rural and real over the phone counseling service for rural people. That sounds very cool, especially in Australia where the rate of suicide amongst farmers is very, very high.

Jennifer Walker ([01:24:44](#)):

I really do feel that. I think, and coming from the land, I get it, it's a very much a mindset is I'll just sort it out myself. If you've got a tractor problem, I'll just go find a way to fix it, or it's very much that philosophy. So for a fellow to go and ask for help, especially including women as well, but especially a fellow, it's hard. So if they can actually talk to someone who's off the land, I'm on a cattle property here carving season at the moment, and probably I can relate I to their story, their life. I'm not sitting there in an office in my white coat having a chat. I'm actually like, okay, well, I understand what's going on. And so that's why I called it rural and real, because I can have a real conversation about real things that might be impacting, but I've also got real solutions and real results because let's face it, nobody wants to go to talk therapy for 10 years. Let's just sort some things out and get things fixed quickly and solved. So that's why I called it that. And yes, that's only just launched in the last couple of weeks and anything. It's about getting the word out there.

Warwick Schiller ([01:26:09](#)):

Right. Well, I might get to these questions of yours then here that you've chosen. Yes. And the first one that you chose was if you could spread a message across the world, one that people would listen to, what would it be?

Jennifer Walker ([01:26:23](#)):

Well, this is what I've learned after many, many years of studying. Oh, another person that I've worked with is Bob Proctor. Know Bob Proctor. Yeah. Love Bob's work. Two things. The biggest thing that I would say is if you want to make any change in your life, it needs to be at the subconscious level. That'll be one of the most important things anyone could ever learn. Because mindset, I mean, sorry, willpower only gets you so far. It's New Year's Eve, we're going to make a New Year's resolution. Yay. Two weeks later. We're doing the same pattern. We have to change on the subconscious level. And I wish I could have learned that in my twenties because that's the kicker. That would be probably one aspect. And just that people don't need to suffer. There are ways that you can release negative emotions and anxiety quite quickly and painlessly. So that's my two messages. If I was to be wanting to share a message, yes.

Warwick Schiller ([01:27:37](#)):

Okay. So what has been your biggest failure and how has it helped you?

Jennifer Walker ([01:27:43](#)):

Yeah, did I say that one? Must've been my biggest failure.

Warwick Schiller ([01:27:47](#)):

You chose that one. Oh,

Jennifer Walker ([01:27:48](#)):

No. I'm trying to think of, must be my biggest failure. I think, well, I don't know whether it's a failure is, but much as it's taken me so god damn long to work this stuff out. If you are in your twenties, thirties, forties listening to this podcast, you're ahead of the game because it seems to take a lifetime to learn a lifetime of things. So I just probably wish that it didn't take me so long to work out that all you've got to do is shift your subconscious if you want to attract things, and probably not getting the pony fairy up and running. That was a dream to get that series up and really impact the world with little ponies and

fairies and things. So I don't really know anything happened. The other day I was talking to a lady and I was mentioning it, and she said, oh, she said, I'm about to get a job at the A, B, C. So who knows what the future brings, but

Warwick Schiller ([01:28:49](#)):

You planted a seed. Okay. So what book do you recommend the most? Not necessarily your favorite book, but one that you recommend the most other people or could be the same?

Jennifer Walker ([01:29:05](#)):

Well, I would have to say the Make Happy Habit, which is my book. I did write that in the bio, but I've got a course called Make Happy Habit. But other than that, I would say probably Wayne Dies. You'll see it when you believe it. And definitely getting into the Vortex by Esther and Jerry Hicks. That's a great book. Great book. I couldn't put that one down. That was good.

Warwick Schiller ([01:29:35](#)):

You'll have to take a look at that one. So this is a question that not many people choose. What is an unusual habit? You have something out of the ordinary?

Jennifer Walker ([01:29:45](#)):

Well, I thought this was a funny one. I've just been doing the final touches to an online program, and it's called Make Happy a Habit. And the tech side of this has been doing my head in, you would know getting all the backend pieces working in the membership area and all that. Oh my goodness. It actually has frazzled my brain a little bit. So what I do is I have a swing outside, and when it's all gotten too much, I just go and sit on the swing and just look up at the trees and just clear my mind because it's just all gotten too much. So yes, I have a swing outside. How about

Warwick Schiller ([01:30:24](#)):

That? A swing? That's awesome. I know. Yeah, all that tech stuff, that's my darling. She deals with all that. That would do my head in way too much. I do my bit, and then she does all the rest of it. She does 90% of the stuff around here. I'm just the face of the whole thing.

Jennifer Walker ([01:30:44](#)):

You're just the talent.

Warwick Schiller ([01:30:47](#)):

So what do you feel is the worst? Oh, here we go. Yes. What do you feel is the worst advice given in your profession? And you have to first say, give yourself a profession. Because a lot of times guests on the podcast like this, they do things that might not be just a standard profession. So what is your profession first? And then tell us what do you feel is the worst advice given in your profession?

Jennifer Walker ([01:31:15](#)):

Well, I would say I've got two professions. So I'm a therapist and coach in life and mindset, but then I'm also still an equestrian coach in the mindset department. I read only the other day on one of these depression and anxiety support groups. Someone was saying, oh, you've just got to learn to live with it.

Depression is a life sentence and you've just got to learn to live with it. That is a hundred percent untrue,

Warwick Schiller ([01:31:46](#)):

Incorrect answer,

Jennifer Walker ([01:31:49](#)):

You know what I mean? And these are people just talking amongst each other and I'm thinking, this one lady's telling this poor lady who's obviously suffering, that is a life sentence. And no, don't be going there. Don't even tell people that because they're never, were going to believe that reality. And with the horsemanship, what's the worst advice? Oh my gosh. After 20, 30 years of teaching people, I think ride him out of it. Hang on. I ride him out of it. No, bend him. I dunno. There's so many things in that. Horsemanship is ridiculous, and lateral flexion gives him rubber necks. And the list would go on in horsemanship, I've heard over the years.

Warwick Schiller ([01:32:38](#)):

Yeah, I think so. So what accomplishment are you most proud of?

Jennifer Walker ([01:32:45](#)):

This is an interesting one. I'm proud that I'm in charge of my emotional stability in life. I can go through my day and I can be happy, and I can choose that.

Warwick Schiller ([01:32:56](#)):

That's something you'd be very proud of

Jennifer Walker ([01:32:58](#)):

It bloody is. I know that sounds crazy, but I wake up happy and it's very, very hard to trigger me. You know what I mean? As far as, I'm not saying, I'm not saying I could never get offended, but it's pretty bloody hard to offend me. You know what I mean? I just go, okay, I don't worry about things.

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

That's a hard place to get to and still have available emotions. I know that there is shutting down to where you don't have any emotions and so people can't offend you or whatever. That's one way of doing it. But then you don't have access to any emotions. But having access to emotions, but being able to not be offended by people's opinion of you, that's a level of stuff that's very difficult to achieve, I think.

Jennifer Walker ([01:33:58](#)):

Look, I allow my emotions to come up, and that's probably why I can just, if I'm sad about something, I'll allow myself to be sad in that moment. I just don't have to be there very long. You know what I mean? The other day I was at my best mom's funeral. It's a sad moment. It's a sad, you know what I mean? It's an emotional moment. And probably for me brought up my mom's death a little bit and seeing my best friend since we were 15 years old in that much distress. But it's okay to feel that in that moment. It's okay. Allow yourself, don't squash your emotions down in that moment and that way you don't have to hold them that long either. You know what I mean? I think there's a flip side to that. Most people are

trying to squash stuff down, don't feel it, don't feel it in a moment. It's okay to feel stuff because you just don't have to live there very long. That's what I would say.

Warwick Schiller ([01:34:59](#)):

Yeah. My wife has suffered from anxiety for a long time and she's gone from working on techniques to not have the anxiety to being able to sit with it and feel into what's actually going on. And I think that's the next level of that is instead of trying to make it go away, instead of trying to control it, is sit with it and work through it.

Jennifer Walker ([01:35:27](#)):

Well, funny you should say that. One of the techniques that I teach is when an emotion comes up, you ask the emotion, you acknowledge the emotion in that moment, but then you ask, what is it that I need to know? Or what is this emotion trying to tell me? And as soon as you acknowledge an emotion and ask that question, you'll find a relief and a decrease in that moment of the anxiety. And once you get good at it, you'll actually, the anxiety will go.

Warwick Schiller ([01:36:00](#)):

It's really being curious about it instead of rejecting it. It's having a sense, sense of curiosity about it rather than a judgment of it.

Jennifer Walker ([01:36:13](#)):

Definitely.

Warwick Schiller ([01:36:14](#)):

And that probably applies to a lot more things than just when emotions come up, having a sense of curiosity about things rather than judging them

Jennifer Walker ([01:36:24](#)):

Or just dismissing them and things. Definitely.

Warwick Schiller ([01:36:29](#)):

Definitely. Boy, those birds are yours are getting louder out there now.

Jennifer Walker ([01:36:32](#)):

They're happy

Warwick Schiller ([01:36:33](#)):

Singing. They're very, very happy. So how can people find out more about you and the things that you offer?

Jennifer Walker ([01:36:44](#)):

Well, Jennifer Walker international website, so Jennifer Walker international.com has a lot of information. The Make Happier Habit Program is probably one of the things I'm most proud of. It's an online program, a six week program, or you can do it as fast as you want really, but it goes into this

mindset. It goes into shifting the way you look at the world and how you're seeing things to get to a place where you make happy a habit.

Warwick Schiller ([01:37:11](#)):

Right. Is that on your Jennifer Walker International? Is there a link to that on there?

Jennifer Walker ([01:37:18](#)):

Yes, there's a link to that. There's a link to the 44 Secret Actions to Happiness, or I think I've got the Secret Actions to Happiness. And you can also book in to have private sessions with me on there as well. So there's a booking form on there as well.

Warwick Schiller ([01:37:34](#)):

Perfect. What about social media? You got any social media stuff?

Jennifer Walker ([01:37:38](#)):

Yeah, I've got Make Happy Habit Facebook page,

Warwick Schiller ([01:37:43](#)):

Make Happy Habit. Okay. What about Instagram?

Jennifer Walker ([01:37:46](#)):

Same Make Happy Habit? I think I've got Make Happy Habit Coach on Instagram. I couldn't get the exact name. I think

Warwick Schiller ([01:37:54](#)):

TikTok, I dunno all these. No,

Jennifer Walker ([01:37:58](#)):

I probably should do TikTok. I actually watch a bit of TikTok now and then. But no, I mainly do Facebook would be the older generation. I haven't got into the TikTok yet or the Snapchat I,

Warwick Schiller ([01:38:10](#)):

I'm not a TikTok. Awesome. Well, thank you so much for joining me. It's been awesome having you on the podcast and it's been such fun.

Jennifer Walker ([01:38:19](#)):

Thank you. Thank you for having me. I've really enjoyed it. And hope your listeners and viewers have got something out of it today. A little chat.

Warwick Schiller ([01:38:28](#)):

Yeah, I got a kick out of it because where you came from and then what you do now, I'm like, oh, there's got to be a story in here somewhere and then you end up all the stuff I'm into. So yeah, it's been fun. So you guys at home listening, thanks so much and we'll catch you on the next episode of The Journey on Podcast.

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

Jennifer Walker ([01:38:48](#)):

See you later.

Speaker 1 ([01:38:53](#)):

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.