

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 if you are regular listener of the podcast and a fan of the podcast and have enjoyed some of the episodes in the last six months, and the ones I'm kind of referring to are all of a certain bent, like say Emily Kta or Kana McDonald, or Alicia Maine, Donogan ard, the hunter gatherer one with Rupert Isaacson, those types of podcasts, then I have a treat for you today. My guest is Jordana Anna. Walt Jordana is a Native American woman of the Hooper Valley tribe from Northern California, and she's what she calls a congruent communications coach, and she works with people and horses, but there's much more to it than just that right there. And I couldn't even begin to explain exactly what she does, but I've just finished recording this conversation with her and I was sitting there thinking, this is one of the coolest podcasts I've ever recorded, so I can't wait for you guys to listen to this. I think I need to listen to it back just to glean some more of the wisdom that came out of her and through her. So I hope you guys enjoy this conversation as much as I did.

([00:02:09](#)):

Jordana Alt, welcome to the Journey on podcast.

Jordana Anawalt ([00:02:13](#)):

Hi, work. Thanks so much for having me.

Warwick Schiller ([00:02:15](#)):

I'm going to refer to you as Joe because you told me you'd go as Joe. So Joe, welcome to the podcast. You know what? I don't know much about you and I have looked you up a little bit, but you're one of those people like, oh, this is just going to be fascinating. Just let's see where it goes. Do you want to tell, oh, where do we start here? Why don't you tell us what you currently do and then we'll work back to how the heck you got to doing what you currently do.

Jordana Anawalt ([00:02:44](#)):

Okay. Currently, I am the founder of an equine experiential innerstanding organization called Choice Tribe that uses indigenous approaches to wellbeing to develop relationships between horses and humans that support congruent communication. So congruent communication is the communication between all of our bodies, so our mental body, our emotional body, our physical body, and our energy body. And I started to see connections in the way that indigenous cultures live their lives and this natural system of communication and how nature is always seeking congruence. And when the horses connect in a place of choice, they're also looking for a place of congruence between human horse and environment. So Choice Tribe is an experiment and it will always be an experiment. Every day that I walk out with a student or a set of horses, I have no expectations. I'm excited to see what arises that's new or what challenges the information that we've already been given and step into this place of unknown step into this place of let's see where this takes us and what the horses can share with us and how we can

deepen our own understanding of what being alive in this human body being on this planet is all about through the horse.

[\(00:04:20\)](#):

So we do all sorts of things in the program. We work with horses, not just in task-based work. So I do have students who own horses or come out to the barn and work with the choice herd, and we focus on connecting with individual horses and building relationships to where you can ride bareback and bridle list on property, off property. The horses go wherever they want to go, but it's in partnership with humans. We also do movement activities with horses, so yoga with horses, dance with horses. We do sound healing with horses, meditation with horses, Qigong with horses. So it's bringing these indigenous practices which are movement, creativity, storytelling, music into the arena of horse and seeing where that goes. So we do all sorts of stuff. Again, I never know what a day's going to look like for me. I always step out, drum in hand when I show up to session. I don't know, maybe we'll drum, maybe we'll be laying in the dirt with the horses over us. Yeah, it's kind of big.

Warwick Schiller [\(00:05:35\)](#):

It sounds like it. We're going to get to the drumming. You just mentioned the drum. We're going to get to the drumming here at some point in time. How long have you been doing this experiment?

Jordana Anawalt [\(00:05:45\)](#):

This experiment started in 2019 and it started, I walked through my horse herd one day. At the time I had a natural horsemanship program called Harmony with Horses, and I genuinely felt that how we were approaching interacting with the horses was absolutely reciprocal that the horses wanted to participate. We rode bridle list already. We rode bareback often, but there was still, here's the task and here's what's going to happen if you don't do the task. And I walked through my herd one day after summer to get a month off, and my first ever school horse walked up to me and clear as day, he said, you are treating us like slaves, and just as your people were colonized, you are exploiting us for your own benefit. And it stopped me. One, I had never heard the horses that way. So when I hear the animals or the plants communicate, it hits me in my gut and in my stomach, I feel it there, and then it comes up to my mind, but it doesn't come in words. This was the first time I heard words that, and they were pretty powerful words. So I remember walking into the house, my parents got to quit their jobs and come to work for the business. So they live on site, and at that time they did. We sat down, I was like, we can't keep doing this.

[\(00:07:29\)](#):

I can't keep teaching horsemanship or riding or this is over. What do we do? And since we were on that break, I sat with it for a couple of weeks and sat with the horses, sat with family. And then as we started to get back into that time when students would return to the barn, I sent out an email and asked for everyone to come, and we sat down at a round table conversation and I told them what had happened and said, how do we go forward? And it was the kids who said, well, Joe, why can't we just give them a choice like you give honeybee? And Honeybee is my first horse. She's my first ever horse. I still have her. She lives on the homestead in Hawaii and not here in Oregon with me.

[\(00:08:19\)](#):

I knew nothing about horses when I purchased her. And she was a 14 month old orphan, and I had no knowledge of how to deal with even a horse. And I was 16, and she put me in the I C U a couple times. And very quickly in those first three, four years of having her working with different trainers, finding the woman who I began to study under as an instructor, I learned that this horse, everything was on her

terms. And so from that point forward in mine and Honey's relationship, we worked at Choice. There was no restraint, there was no coercion or bribery. So when I say at choice, we don't use any clicker training, there's no food involved. They actually, if they say no, okay, and we will ground ourselves, we'll do a practice that's about me, the human, and then reapproach with the question.

(00:09:23):

And if they continue to say no, okay, no big deal. So the kids had watched for years as I would interact this way with my personal horse, and then they would be interacting a different way with the school herd. And I was like, yeah, well, we can try that. And just about that time, the documentary that Elsa Sin Claire put out Timing Wild. Yep. We had watched as a barn movie night and the kids, one of their questions was, why aren't there any movies about just regular people doing that? Of course, trainers can do that. You guys spend all day with horses. But do you think if we gave the horses a choice, everybody could have that kind of relationship? I was like, I don't know, we should find out.

(00:10:14):

And then through that conversation, the kids were like, what if we brought art? We would love to play with clay before the horses or maybe after the horses could we do skits with them where we make costumes and we teach them to move around at choice, but they have to do a play. What if we did meditation? So the kids started to build this idea, and I mean, it was an instantaneous, like all the tack in the barn disappeared. We went from having a regular tack room to be like, oh, it's an empty room with nothing in it. We didn't need it anymore. And it just grew. We started a pilot program called Horse. It was an acronym and it was multi-generational. That was also really important that we had every generation represented in the class. So one of the things that I believe is missing from the world today and our culture is that we no longer live in multi-generational family units or extended family units.

(00:11:24):

And that is unnatural and detrimental in a way to how we evolve and how we learn and how we grow. This pilot program spanned three months, and our youngest student was seven, and the oldest student was 66, and I think there was 13 or 14 of us, men and women, boys and girls. And we got together and we reimagined what it could be like to be with horses if they had a choice. And one, how were we going to get the horses to make the choices we wanted was the first kind of version of that program. And within halfway through that program, we quickly realized that it wasn't about the horses at all. It was about the humans and the humans going inward and that the horses weren't, they were a reflection of everything that was going on with the humans and not just the human they were interacting with, but the whole herd of humans and the energy field of everything in the environment. So that was a really, really eyeopening experience and solidified the knowing for me that, okay, we're moving in this direction and we're not ever returning to the natural horsemanship realm that I had spent the last decade in, which was scary. That was me a choice to shut down a business and to ask people to come on a journey into the unknown. I said, I don't know where we're going. I don't know what's going to happen.

(00:13:12):

Parents struggled because they wanted to be able to see external rewards. There was this extrinsic motivation that they were asking for, and I just knew that that wasn't what they were going to get out of it. So

Warwick Schiller (00:13:31):

These are the parents of the kids that you're helping,

Jordana Anawalt ([00:13:34](#)):

Some of them. So we went from, I lost about 90% of my client base during that transition because the kids weren't, you couldn't see the successes. Their posting trot got better or they were able to hit this distance over a jump anymore. They were showing up to sessions and they were saying things, and even the adults, like, I'm having clearer communication with the people at work, or I was able to stand up to myself at the bully in the lunchroom. They were developing skills that were supporting them away from the barn in the rest of their life. So there was major progress and benefit happening, but it wasn't measurable in the way that this style of society, the system is set up for it to be measured. So we kept going though. I kept going. We've always had horses too that come from the rescue.

([00:14:39](#)):

I work really closely with a rescue here in central Oregon called Mustangs to the Rescue. And I tend to take the horses. I'm the last stop. I'm the one who gets the horses with the big behavior problems or the major physical deficiencies. And that was just such a beautiful pairing for this work too. And to see how the horses chose the people and the people ended up coming to understand what the horse was trying to tell about themselves. So it was just this period of time, it was about four months that that program was being built and then occurred, and I knew that, okay, we're onto something and it lit my soul up. It was the first time that I got to walk out into the arena to go out onto property and to be absolutely stoked to work with horses and humans. And I knew when I got to that point, I was like, wow, you really hated being a horse trainer.

([00:15:41](#)):

And I did. I wasn't a good horse trainer. I could feel and hear what the horses were saying. And so when I had to give them back to their owners, I knew that the issues were going to arise because it was the owner who actually needed the work, not the horse. So I was like, oh, that's over. I can now just like, this is what I want to do. And it brought in the part of my indigenous spirituality and my cultural belief system so seamlessly that it was just like, okay, keep going. So it kept evolving and I ended up going to Western Australia that fall the same year that we launched that program on a series of synchronicities. I didn't have a passport. I never thought I would leave the Pacific Northwest. I love Northern California, it's where my tribe is from and the Oregon coastline.

([00:16:47](#)):

And I was really sure I was never leaving this area. And then several people in the series of three months showed up in my life and they all brought up Perth, Australia. And these people came to me in ways that had really significant meaning. And then one day I saw an offering and I was like, oh, that looks interesting, and looked it up. And sure enough, it was being offered in Perth, and I was like, I'm going to Perth. And so when I went to Perth, I ended up meeting the shaman who I returned to Australia to go and study with. And that led me to Indonesia to work with a medicine man there and then to Hawaii and then home here. And that was just the solidifying experience of, okay, indigenous approaches to wellbeing across the entire globe. They're all nature based. It doesn't matter where you pluck a set of people from, and we are all indigenous.

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

We all understand the rhythms and the cycles of the seasons. We are in awe at the way that the stars track across the sky we feel with our entire sensory body, just as the horse does. So I wanted to use and figure out how to draw upon the archetype of the horse, but also the horse as a physical being in the way that they live their lives to help people return to balance within themselves, within community, with the natural world. And that's where we are. We're still in that beautiful space of exploration and

working with new facilitators and trying new things. And I don't think that will ever end. I think we'll always choice tribe will always be an experiment and an exploration into what is possible. Let's find out.

Warwick Schiller ([00:18:51](#)):

I have so many questions, so many questions. Where am I going to start here? Well, tell me about your indigenous roots. You are Native American.

Jordana Anawalt ([00:19:03](#)):

I am Native American. So interestingly, both of my parents are adopted into the families they were raised by, and they're the only adopted children, actually, my dad has an adopted brother two, but the rest of their families are biologically related. So my parents somehow are these two adopted humans who ended up together. And so growing up, we never knew anything about our actual heritage. We don't look like the rest of our extended family. We have dark hair and dark skin. And we did know that my mom was Native American just because through the adoption in the sixties, they had to disclose to my grandma that my mom was ethnic. And so we knew that there was Native American ancestry somewhere, but no connection to what tribe or the actual culture. So it was when I was in my early twenties, I was 21 that we ended up getting to meet my mom's biological mom and that side of our family for the first time on the reservation in northern California. So we are Hoopa and it's on the Hoopa Valley tribe in Humboldt County.

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

And it was crazy to go somewhere, to go somewhere for the first time in your life. And the moment you drive into the valley where the Trinity River runs through and you enter the reservation to be hit with this feeling of like, whoa, I've been here before. This is home. And to make our down to my grandma's house and to see people who looked like us for the first time and like, oh, that's where my cheeks come from. Whoa. It was such a trip. My mom looks just like her sisters. And to feel that all of the experiences I'd had as a child because I've talked to the plants and the animals and heard things and the wind and seen shapes in the fire since I was so small. And my mom was, I'm so grateful that she always supported us in that. She said to always pay attention to the things that are happening around you, even if they don't make sense, that doesn't matter.

([00:21:31](#)):

Follow your dreams, actually pay attention to what's happening in the dream state. So all of these things that I'd already done, I was like, oh, this makes sense. It's like in my blood, this is why I've been doing these things. And at the time, my grandmother was the chairman for the tribe, the head of the political sector, and didn't realize until we got to spend more time there that our family is actually connected to the center of the tribe. So we were able to go down to our traditional home site, which is just down on the river, it's called Tuck Milden. And we got to go into the traditional house that our bloodline comes from and sit around this fire pit. And as we're sitting there with my aunties and my cousins, this fire pit has been studied by Humboldt State University, and it's been carbonated back 10,000 years.

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

And to sit in this space and be like, wow, I'm in this place. Sitting on ground around a place of sacred knowing that's been in my line for 10,000 years was just really, really powerful. And what it did was it opened the key to a door that I didn't even know was possible that existed, and it opened. And the level of awakening in my spiritual knowing accelerated, I just, stuff started coming really fast. I didn't know what was happening, how to make sense of the things I was seeing or hearing. And I had some support from family on the reservation, but I don't live there. So it was navigating it kind of on my own. And

what I know now is it wasn't on my own at all. That's what the horses were doing. So the horses, they've been a guide and for me in my life this lifetime, but horses have been a guide for humans from the beginning of human existence.

(00:23:50):

That's what horses agreed to come here to do, was to walk beside us, to keep us in balance. They're like the giant check that's like humans, come on. You're falling out of congruence with nature. You're falling out of congruence with yourself. They're our way of gauging where we're steering away from the path that is aligned with the laws of nature. So yeah, my tribe, horses wouldn't have been on the lands a long time ago. They're not a part of the culture. There are horses on the reservation, but it's not like we were a horse people. So there's no connection there. It's just a place to know that the things that our ancestors have gone through and that we've had happen in past lives do play a role in what's happening in our life today. That's what my heritage has taught me.

Warwick Schiller (00:24:57):

So you were what, 21 before you went there?

Jordana Anawalt (00:25:03):

Yeah, that was the first time.

Warwick Schiller (00:25:05):

So I got lots of questions here. So both your parents are adopted, they're both Native American, were they adopted by white people? And so their upbringing was white America? Yep. Okay. And so was yours, I guess? Yes. Okay. Very much so. Then my questions is when you said that you could always sense things and hear things in the wind and see shapes in the fire, and that's not normal for the US coach. I didn't

Jordana Anawalt (00:25:44):

Know that, right?

Warwick Schiller (00:25:46):

Yeah. And so you obviously have friends at school. I mean, my question is do you tell people about this stuff? Do you keep it to yourself? Do you share it? And people go, you're a wackadoodle. How was that having those abilities? And I am aware that we're all supposed to have them. And for the most part it's been culture. Our culture has told us we shouldn't have. And the other thing I think too is for me, I am of English and Irish ancestry, and if you go far enough back, far enough back, we were indigenous to somewhere, but that's been a long time. Whereas with your ancestry, it's not that long ago. If you think about it that you guys lived in community with nature, and I'm wondering, apart from our culture says that's silly, that doesn't work like that, whatever. I'm just wondering, when you were talking before, I'm wondering if there's a combination of the two, whereas us white people, it's been a long time since we lived in nature like that, whereas you guys, it's not that long ago. And so yeah, I'm just wondering why you weren't raised necessarily in a family that really embraced that, even though it sounds like your mom said yes, that's perfectly normal. How was that growing up with those senses working, living around people whose senses didn't work that way and they weren't even aware that those sensors are available?

Jordana Anawalt ([00:27:45](#)):

That's a great question. It was very difficult. I was bullied through elementary school and into junior high, which is seventh grade, eighth grade in the United States. And it was so bad that when I was 12, I attempted to take my life and ended up hospitalized. And it wasn't from what I was hearing or what I was experiencing, my connection to what I couldn't see was very strong, and it was comforting to me. My mom learned early in my life that I saw things at night in my dreams that would come to fruition within the next couple of days. And I remember when my great grandmama passed, I remember coming out to the kitchen and I saw her crying, and I was probably eight at the time and just saying, mom, it's okay. Nana went over the rainbow bridge. I had really seen her walk over this bridge in my dream, this rainbow bridge that night.

([00:28:56](#)):

And I remember the look of bewilderment on her face. I had just come out of my bedroom and woken up. I wasn't told that Nana had passed away. And my mom's sitting there grieving after getting off the phone with her mom. And there was just a series of events that happened my whole childhood like that where I'd see something and my parents would cancel trips because I'd see some catastrophic event happening that they'd be a part of. And so they'd be like, Nope, we're not growing on the cruise ship. Nope, we're not going to go do that.

([00:29:31](#)):

I found a lot of support at home with my siblings as kids. We were really close. We were always outside climbing trees and playing. So school was the thing that I had to get through every day. And it was made more difficult. The bullying was made more difficult. I was also am a very intellectual person and I love learning. And school was boring. It just moved too slow. And then I'm getting all of this harassment emotionally and it, I talked about what I heard or what I was experiencing. I was just different. And I saw through surface facades have never been strong for me. I'm like, oh yeah, I see through that. I see who you are. I see your intention, and if it's malicious or if it's hurtful, I am not going to confront you. I'm just going to back away. But I feel I was confronting in just who I was, kind of being an independent, I'll do my own thing kid to the girls who I had as peers. So that suicide attempt though, was the greatest blessing of my whole life.

([00:31:01](#)):

So when I woke up in the hospital, the psychiatric facility, the first thought I had was, oh my gosh, I don't belong here. And I had been suffering from severe depression and I was very unhappy, but I knew that I didn't belong there. And then within a few minutes of being awake, this memory came back across my awareness and it was of a being that had come to me while I was sedated. So when they took me from the emergency room and transported me to the psychiatric facility, I was sedated. I remember just being really in and out of consciousness and seeing all sorts of things. But this being came to me and I now know that being to be my guardian angel that travels with me through my whole incarnation this lifetime. And she said, you have a choice. You can choose to live in the story that's being created around you by life's happenings, or you can choose to create your own story.

([00:32:13](#)):

It's really very simple. You have a choice to be happy or you have a choice to continue to live in the situation and allow it to make you sad. And it was really powerful because they wanted me to come out of the hospital with this plan of huge list of medications, and I was 12, but I was very, very opposed to that. And I made it clear to my parents that I would agree to the doctors that I would be on those medications and I would do all their things, but that I wasn't going to and that I was capable of doing this on my own. And that was what that saying from that being gave me, sorry, was that this, I was

absolutely capable. That's the greatest gift of the human spirit is we are truly so resilient and we can be absolutely relentless when we want something, we just keep going for it.

[\(00:33:11\)](#):

And that I wanted to be happy. I wanted to feel like the animals felt and the natural environment felt, but all these things happening around me and the system of school and the system of family structure, being a nuclear family, all of those things were really hard and I couldn't change them, but I could change how I perceived them, and I could choose my role in those situations and if I allowed them to affect my emotions in a way that was detrimental or if I took them as lessons and integrated them in differently. And as I think back on that now, I'm like, wow, that was a lot for a 12 year old to get. But I got it. It was like from that moment forward, my motto kind of became, you have a choice. As I've grown up, people have thought I'm kind of callous because I'll be like, well, you have a choice.

[\(00:34:04\)](#):

I also still have the possibility of slipping back into major depression, and I know I can catch myself. And I sit there, I'm like, you have a choice. I can't change all the stuff going on around me, but I can change how I perceive it, how I feel about it. I can make choices to change situations or relationships. I have a choice in every moment of every day. So that experience was really powerful. And what it did was it caused me to transition to home study and out of the school system, which we moved at that point up into the Sierra Nevadas. And so I was in the mountains and I graduated high school. I mean, I went through eight through 12th grade in two and a half years. So I graduated high school when I was 15 and was just like, I want to just get on with life. I got stuff to do. And I was working outside at that time. I went to work when I was 14 as a snowboard instructor, and I loved being outside.

[\(00:35:13\)](#):

And that's where I started to find it wasn't in the group of my peers that I found acceptance. It was when I started to interact with people of other ages that were open to the idea that there is something more. And they had already moved beyond adolescence into adulthood where they could formulate their own ideas. That was the hardest thing about being a kid with what I was experiencing with all the gifts, is that kids are shaped by their families and their parents' belief systems. And anything outside of that is a challenge. But when I started to interact with people who are older, I wasn't a challenge. I wasn't challenging them anymore. It was just like, oh, that's interesting. Okay, she's interesting. And to circle back to your comment about being a white bodied person that's so far away from their indigenous lifestyle that is a part of your D n A, it's never gone away.

[\(00:36:25\)](#):

We all enter this world and that first breath we take when we come in as human animals, we know everything about the natural world. We are in alignment with the way that nature works. And it's only through the conditioning in our very early years of life that that's all turned off and that's all it is just turned off. It doesn't go away. It's all in there. And I feel that right now there is this big pulling in so many people's hearts, spirits, minds across the globe who don't have this close timeline connection to their indigenous heritage there. There's a long period of time between when their ancestors lived on the land and where we are now.

[\(00:37:21\)](#):

I don't believe that that matters, that that pole is getting really strong for people like, wait, but I want to remember, I want that knowledge. I want to experience what that experience, what that provides because it brings peace, it brings balance, it brings a sense of home and oneness. Oh yes, this is why I'm here. And I'm just one piece in this huge thing. And I'm really not a piece at all because I am the whole

thing while I'm also a part of it. So it's an interesting topic. I work with a lot of white bodied individuals who don't have ties to or don't even know their ancestry, and they feel like I don't have a right. And my goal, my hope, is to just start to reframe that so people recognize we're all human, we're all indigenous to the earth. It doesn't matter what color your skin is or if you know where your people we're sitting 10,000 years ago, that doesn't matter. You're human. And the horses are like, thank goodness you guys are waking up to this. They've watched our whole history, they've walked alongside us and I'm sure just been like, oh man, what are the humans doing now? Look at, wow, they're really off path. Okay. So I think that we just a coming home to yourself, I just always found comfort in my gifts because I knew that they were my connection back to my original essence, my connection back to nature.

Warwick Schiller ([00:39:10](#)):

Well, I'm not sure where to go next. Hey, where I'd probably like to go next. Can you tell me about what happened in Perth, how you met the shaman? Was he Australian, aboriginal? She,

Jordana Anawalt ([00:39:31](#)):

No, actually, actually, she's not even Australian N. She's South African. She's South African Shellman and yeah, her name is Leslie. And again, how did I meet Leslie? So

([00:39:56](#)):

Several just again, very synchronistic things happened. Like someone showing up to my ranch. I had a business called Harmony with horses in Bend, Oregon, and one day this woman showed up without an appointment and I see her wandering around outside. So I go out, hi, can I help you? She was like, oh, yeah. Well, I just wanted to stop in. I'm visiting Bend, but I own harmony with horses, Sedona, and I came across you and I just wanted to come out and see what you're doing, and we do a lot of the same stuff and I'm going to be moving to Bend, and I want a place for my horses. So we were in a time warp where we just spent what seemed like hours. It was 20 minutes walking around the barn, looking at the horses talking. And one of the things that she said was, oh gosh, I have these power places on earth.

([00:40:52](#)):

Do you have power places? And I was like, what do you mean by that? And she said, oh, there are three places on earth that are just the places that I draw the most peace and the most wisdom from. She's like, one of them is in the redwoods of northern California, right along the coast, near a place called Arcata, which is 20 miles away from Hoopa, the reservation. Then she said, oh, the other place is where was the other place? I can't even remember the third place, the second place, but the third place, she said, it's this place called the Pinnacles out in Western Australia, just north of Perth. And this was the second person who'd brought Perth up in about a month. I'd never heard of Perth, Australia. So I'm paying attention and gets brought up a third time by another person without me giving in.

([00:41:52](#)):

I'm not leading, I'm not dropping that in. It just shows up. I'm like, okay, paying attention universe, what's in Perth, Australia? Scrolling Instagram one day and I hear a sponsored ad that kind of just came on and I heard the accents, and at the time I thought that they were British, and I was like, oh, what a beautiful accent. And I'm listening to what these women are saying, and I was like, I have to go to this. So I click on it and I go through. I'm like, no way. So it was the second year that this group of women had put on an event called Sisterhood Rising, a Wild Woman weekend in Perth, Australia. And so I ran inside. I was like, mom, I have to go to this. And she was like, okay. And I was like, I don't have a passport. This is happening in seven weeks.

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

I've got to expedite all this stuff. I have to go to this. And she was like, well, I have to go to, and I was like, mom, you don't flying. You don't have a passport. She's like, I'm going. So my mom and I pulled this together and flew to Australia, and the moment that we landed, we flew into Melbourne, and it also was like our flight got canceled in San Francisco because the plane's lavatory was broken and they had moved all of the passengers off of the Qantas flight onto a united flight, but you had to have gotten an email to sign up for that transfer, and we didn't get the email. So we're at the airport ready to leave and there's no one at the flight's not happening, and I'm freaking out. I'm supposed to be going to Australia and it's not going to happen.

[\(00:43:28\)](#):

And it was just another moment of no, visualize yourself stepping off the plane in Australia. Hold the story in your head that you want to happen. Hold it, don't let it go. Don't start letting the fears and the what ifs and what could creep in. You're going to Australia, you're in Perth because you have to go to Perth. When we got into Australia and stepped off the plane, it was a more overwhelming feeling than the feeling I had when I stepped onto the reservation for the first time in Hoopa. There's not a single place on this planet that I have ever felt more at home than in Australia.

[\(00:44:04\)](#):

And just my connection to the land there, what I hear from the land on another level I didn't think was possible. So we get to Perth, we arrived actually on Halloween, which that was the other synchronicity of how I got there, was I wear this peace sign ring on my middle finger. It was a friend who passed when I was 18, and he was the first human that I was able to communicate with directly on the other side. And it was a devastating experience to lose a friend. And then for him to start showing up and sharing things was one, I thought I was going crazy until the things he was showing me would start to happen. He'd come to me in my dreams and show me like, Hey, this is going to happen. I'm really sorry, or heads up, pay attention to this. And then those things would happen in the following days. So Mike has always been a guiding force in my life, and the message that he made very clear was, I know we were supposed to do things together in this life, but we still are. I can just help from this side and we'll work better as a team if one of us is there and one of us is here.

[\(00:45:21\)](#):

The fact that I arrived in Perth on Mike's birthday, which the Ring is also, that was the first sign, the person who first brought up Perth, it was a connection to this ring and the last name, peace. And I get to Australia, I get to Perth, I'm blown away. I'm like, this is home, never leaving. Love it. This is my place. And we do the retreat, which is great. It was so fun. I remember everyone was like, you guys flew all the way across the world to come to. Everyone was local who went to this. It was from the greater Perth area. I think the farthest someone had traveled was from down south from Albany. It was strange that we were these foreigners who'd flown across the world to come to this three day thing. But I had to be there. And Leslie was facilitating a drum dreaming workshop that I attended.

[\(00:46:21\)](#):

And when we signed in, I didn't know we were signing up for a raffle when we put our names down in our emails and great experience, mom and I spend the next two weeks backpacking around Western Australia and I don't want to leave. As the days got closer to having to get on that plane, I turned into a toddler. I was hysterically crying all the time. I was so upset that I had to go. I had to leave, and it was visceral. It felt like my heart was being ripped out of my body. I have to stay here. But I had horse clients back home. I had taken three weeks off of work. I had to go home. And the night before we got on our plane, I got a Facebook message from Leslie, Hey, gorgeous. Are you and your mom, the Americans that were at the retreat?

[\(00:47:18\)](#):

Yeah. She's like, well, you won the raffle. Oh, what raffle? And she's like, you get a free session with me. How do you want to do that? We can do it virtually or you can come to my place. I'd love to come to your place, but we're leaving tomorrow. And she's like, oh, well, I happen to live right by the airport, come out to my farm. So we go out to the farm the morning that we're supposed to fly out and do a session with her, which is traveling into the dreaming with the drum, and she finds out that we're indigenous and just said, oh, I have a couple other women who I'm working with that are also of strong indigenous ancestry, and I would love if you continue to work within our circle of women when you get home, we can do a lot of stuff virtually. Okay, that's really exciting.

[\(00:48:19\)](#):

Go home. I was the last person down the bridge onto that plane and my mom was just like, please pull it together. Like you are 29 years old. What are you doing hysterically crying, throwing a fit. I didn't want to leave. We touched down in San Francisco and I had a message from Leslie saying, I have been directed to ask you to come back. I'm starting a course in a few weeks and I'd like you to come be a part of it both as a student, but also to learn how to facilitate this work because I believe you're called to it, but you have to come back in two weeks. So I restructured my entire business. I went out and bought cameras and speakers and headsets for all of my students to wear, and we decided that my mom would travel around to all my clients and live video stream all my lessons to me while I was abroad. And so this was right before Covid. This was in 2019. I left in December and we started live streaming everything. So I'd wake up at three in the morning, go down and sit on the beach with my laptop, teach lessons that were happening here in the afternoon and spend my days working with Leslie.

[\(00:49:39\)](#):

And a lot of that was remote work. So I was given a lot of homework during that period of time. I traveled into the dreaming on the beat of the drum multiple times a day while I was in Australia. My grandfather had a massive stroke and went into a coma. And that was the first time that I worked with someone who was in between planes, in between the spirit realm and the physical plane. And Leslie supported and guided me through that process of being the energy that would enter in and go and have conversations. He didn't know he was a coma. So that was the first going and finding him and bringing him and showing him himself in the hospital room and my grandma over him. And I did this from the other side of the world there in the San Francisco Bay area, and I getting to the place where the doctors were saying things and then I'd call and say things and my aunt and uncles would be like, wow.

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

So you're really kind of confirming what the doctors are saying, which my grandpa didn't want to come back into his body. He didn't want to have to be in a hospital anymore or go through medical treatment. And if he was able to pull out of this, if they kept him on life support and worked to get him through this, he was going to be hospital bound for the rest of his life. So getting to navigate that experience of sharing with someone that you love, it's okay to make the choice to go. You can, but can you please come and let Nani know that you love her because this is going to be really hard on her. And I remember the day that they turned off the ventilator and I was sitting on a beach and these two white seagulls came, sat down in front of me, landed, and they were touching, and then one of them just took off and flew and the other one stayed there and watched.

[\(00:51:58\)](#):

And it was this very symbolic representation of my grandpa transitioning over and that experience getting to be there. There was things that I saw in the dreaming that I was like, I don't know. So there's this guy that looks like this sitting next to him, and then there was this lady, and my grandma would be

like, that was his best friend who passed several years ago. The man you just described. Does he look like this? And I'd see a picture, I'm like, oh yeah, that was, I didn't know these people. So it was very affirming that that whole time in Australia, the work that I was doing, and it was very, Leslie was there in, she'd give me a task and then she'd say, go explore, go into the dreaming, go see what you find out and then come back and we'll talk about it.

[\(00:52:49\)](#):

And we then left for Bali. So she was holding a retreat for healers, a healers healing retreat with some of her advanced students. And I was invited to go. So we ended up in Bali and spent some time traveling around seeing different healers there. And there was a day that we went to a man's house, maade Luna. And it was really, really neat in Indonesia to sit with the different healers because we would with medicine men who were Hindu healers and Muslim Hindu healer or Muslim Balinese healers. So from these two very different religious standpoints and they talk to you. So if I'm going to tell you right now what I would say if I was your brother and now I'm going to tell you what I'm going to say from my religious standpoint, and then now I'm going to talk to you from nature.

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

And nature was always the same. The feedback they had always was the same, but it came out so different when they would put it through their religious lens or even through their familial lens. And so the time that I spent with a group of women doing that this big sinking into me was, we're all the same. It's coming back to nature. Nature is the answer. It's the same wisdom that I've heard my family on the reservation talk about. It's the same wisdom that you hear the Inuits talk about. It's all the same. I ended up staying in Indonesia by myself, which wasn't planned. I couldn't leave there. And I went and spent some more time with Luna who was the Muslim balonese healer. And he dropped in so much insight that I didn't, didn't know, I didn't have any context for it because it didn't pan out until just the last 18 months. And I'm like, I'll laugh. That's what he meant.

[\(00:55:04\)](#):

And he very much prophesied what is happening now? You're going to go back to America. And I was like, no, I'm not. He's like, oh yeah, you're going to go back and you're so mad about it. I was like, I'm not going back to America. I'm going back to Perth and I'm going to figure out how to stay there. That's where I'm flying back there and I'm not leaving Perth. And he said, just keep, pay attention to what the animals tell you. Pay attention to the things you see in your dreams. Those aren't things that you're imagining. There are inspirations, their clues, their compasses to point you where you're supposed to be walking, pay attention, pay attention. And next time you come back, next time you sit with me, you will have things to tell me about the compasses in my life. And I so value the time that I spent at Matta's house and I ended up having to come home in the middle of Covid. I was the last flight out of Bali and into San Francisco. And that kind of then started all of,

Warwick Schiller [\(00:56:15\)](#):

Is that like the middle of March?

Jordana Anawalt [\(00:56:17\)](#):

Yeah, end of March. I wasn't going to come back. I was going to stay and teach all my lessons. I was still working. It was great. I didn't need to be here, different time zones. I could just wake up super early and do everything there. But my family, it was best that I come back and be physically on the ranch if something were to happen. And being on the other side of the world during all of that and then coming back to the States was just a fascinating experience in itself because the states felt there was this sense

of, I mean, it was sheer terror. The energy of coming back into America was like terror. Everyone was terrified. And I just spent time in a third world country that we weren't terrified. There was actually, you were stopped at checkpoints all the time on the road just to be given hand sanitizer by the police.

[\(00:57:16\)](#):

You were stopped at checkpoints to have your temperature shake taken. They were really proactive about it from the early stages. So we felt really safe. And then I came back here and everyone was worried about toilet paper. And it was a huge comparing of polarities, like going from this place where people didn't have a lot of money, but that wasn't the currency that was important to them. The currency that was valuable was the currency of the health of the land, the health of the sea, the health of their family. They were focused on is the land still able to provide us food? We just need to put more love and more gratitude now into the places where our food's coming because we might have shortages. We need to acknowledge how important our family structures and our friends and our neighbors are. And that was that next piece of choice tribe that it was like the horses and nature, but community.

[\(00:58:27\)](#):

Where's our community? Where is our sense of tribe? And the horse world for me, had never given me that sense of tribe. The horse world head actually made me feel very singled out or I needed to fit in, I needed to put on a show. It wasn't the community that I think so many of us seek. And so it was like, okay, well I want to create a community then for people who are in love with the horse, but don't want to have any of the expectations or judgments around that to be able to come in and be open and explore.

Warwick Schiller [\(00:59:09\)](#):

Wow. Can you tell me more about Leslie? What was her lineage as far as where did she learn and what was her ethnic background and where did she learn her stuff? Do you know much about that?

Jordana Anawalt [\(00:59:29\)](#):

That's a great question. And I don't, Leslie is a channel and things come through to her. She's very connected to the Australian land as well. So something that came out in my work with her was that I saw a couple of my past lives when I was in Australia, and she also had past lives when she was in Australia, which was the draw to be there, the drum dreaming. So teaching medicine, drum dreaming was something that came into her as a channeled guidance. And she uses nature and the wisdom she gets from that place to provide the healing and the growth space for people to come in and receive.

Warwick Schiller [\(01:00:25\)](#):

Can you tell me more about the drum journeys? That sounds pretty fascinating to me.

Jordana Anawalt [\(01:00:34\)](#):

Yeah. So drumming, I'm not musical and I was never drawn to create sound or music. And then I started to see this circle when I was asleep at night in my dreams, like this circle with this line through it. It's actually the drum that's right here above me over here. I started to see this circle and I didn't know what it was and I couldn't figure it out. And then I started to hear drumming all the time. I was like, I dunno what this is. And then I went to Australia, met Leslie. Oh, it's a drum.

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

And the drum represents the beat of the drum is linked to the heartbeat that we have the heartbeat of mother earth. So the drum beat allows us to travel in an original state of consciousness. So when we enter the world, we're in our original state of consciousness. When we follow the beat of the drum, we get to return to that place of original consciousness, which is where there's no separation between this timeline and the infinite timelines that are out there. So we can move through all spaces and places and experience things that have happened in the past, things that are coming to happen and things that are happening right now in other places. And when I first started to work with the Drum as a recipient of the healing, my first journey of just going in and asking my intention was, please, please show me the significance of the drum.

[\(01:02:23\)](#):

And I was taken back into my mother's womb and I could just feel her heartbeat. And it was, remember where you come from? Remember that you are energy and you get to be in physical form, but the energy signature is that heartbeat and everything has that frequency around you. The trees have a heartbeat. The horses have a heartbeat. The earth itself has a heartbeat. Listen to the heartbeat of the ocean in the pattern of the tides and the waves crashing against a beach. It was, this ties everything together. The drums that I hold space for people to birth and that I drum with are circular and they represent the sacred hoop of life. The continual motion that is always flowing can be represented by the seasons or the elements, the stages of life, the experience of going through grief and love. And I had such a connection to it.

[\(01:03:36\)](#):

And then I was so torn when I got back to the states if I could continue to work with the drum, because in my tribe, drumming is not a practice. And I didn't know if this was going to be infringing or stepping. So I talked with my grandma and her advice was, you should talk to the elder council, meaning the elder council in the sky, my ancestors. And so I took a day and I sat out in nature and sat up against this big beautiful ponderosa pine and my great grandmama. I never met her, but she talks to me in our language, hoopa, which I don't know it, I can hear it, but I get these strong images when she talks. And she asked me if what my reasoning was for wanting to play the drum and move into this space of medicine, drum dreaming and sharing that with others.

[\(01:04:47\)](#):

And my response was that it reminded me of oneness. And it was the remembering of equality and reciprocity and that it's a way to touch people in a very soft and accessible way to allow them to come to that remembering on their own. And then she threw a sunflower down at my forehead, in my mind's eye through the sunflower, which was her flower. It was her. Then you have my permission. And I came across the hide that I kept seeing that circle with the line through. It ended up being a horse hide drum that that was the first drum that I birthed here and the drum that I use for all the work I do now. And that keeps evolving too. The horses love the drum. When we do drum work in the paddock, the horses come over and just sink. They're like trees that grow roots into the ground like, oh wow, this feels so good. And it allows us to travel from heart to heart to heart, whether that's a circle of human hearts. And then the horse hearts join us or human heart to earth, heart to tree, heart. It's a connection of that original, original rhythm of life, the heartbeat.

Warwick Schiller [\(01:06:17\)](#):

Did you, speaking of sound, when you were in Australia, did you have anything to do with the did do at all? Because there's something about that vibration that goes through. There's something pretty amazing about that.

Jordana Anawalt ([01:06:34](#)):

No, I didn't when I was in Australia, but just recently I've been doing some community work and a young man came to one of my drum dreaming classes and while he was journeying, I'm drumming and leading people through this experience, this energy kept appearing from where he was laying in his direction and it was this bright blue light and these symbols, and it had this strange sound and it just kept coming. I was like, that is so strange. And then he ended up putting up a class and it was, did do sound healing. I was like, oh, that's funny. So I went to his class and laid there, and the same place that I traveled to with the drum is the place that the did do took me. And there was an aboriginal man who met me and he unzipped the sky like the horizon, unzipped it and smiled at me and then just pulled back where he had unzipped.

([01:07:47](#)):

The sky just opened up and we stepped into this vast expanse of black with shimmering diamond stars everywhere. And then his chuckle, he chuckles, and then I have no idea where I go. I totally disappear. So the do has become the instrument that I actually sit with my friend often now and use that as a way to travel. I don't know what work I'm doing out there or where I'm going, but it's such a powerful sound and a connection to a place and a space that I've not been connected to before, and that instrument is the only vehicle that has allowed me to go there. I'm really excited to see how that continues to unfold, and I'll be heading back to Australia this fall. So it's one of the things on my list, it's like, okay, I want to spend some time on the land in the presence of the frequencies of did do.

Warwick Schiller ([01:08:55](#)):

But the young man you've been doing those with, he's in Bend.

Jordana Anawalt ([01:08:59](#)):

He's in Bend, yeah. Yeah.

Warwick Schiller ([01:09:00](#)):

Okay.

Jordana Anawalt ([01:09:01](#)):

Yeah.

Warwick Schiller ([01:09:04](#)):

When you were in Western Australia, did you travel around much?

Jordana Anawalt ([01:09:09](#)):

I stayed in Western Australia. I traveled south more than I traveled north. I was there in the peak of summer, did not have a reliable car. I spent a lot of time camping on the beach. I was very, very intrigued by being in a different hemisphere and the sky being different and the way that the sun rose and set, and there was a whole conversation that just the cycle of a day had to say while I was there. And I was really in love with the Margaret River area, very similar to where I grew up. Sonoma County,

Warwick Schiller ([01:09:57](#)):

Right? Yeah. Wines. Yeah. Lots of great wine stuff. It was interesting that you ended up on the west coast of Australia because moving from Australia to here for a long time I was always backwards because in growing up in the east coast of Australia, the ocean's always on your east and you're going to have a sense of where the ocean is. And so when I moved to the west coast of America, I always had a sense of where the ocean was. But for me, that was east. So I always felt like if I was going north or south, I always felt like I was going south when I was going north.

Jordana Anawalt ([01:10:32](#)):

Total sense. Yeah. People were Perth, why Perth? And I was like, it's just Perth. That's where I was called to go. That's where I feel a really, really strong connection to the land there. Wander out, I would just kind of pick a spot on a map certain days and be like, that's where I'm going to drive to today. I don't know why. And I would drive out to the middle of nowhere and sit and listen. I was in a shop one day at a flea market and there was rocks everywhere. I remember looking up on the shelf and on the way up high there's this little rock. I was like, can I see that? And she pulled it down. She's like, oh, I've had this for decades. I'm like, well, it's way up there. And she's like, it's interesting that you would pull that rock down.

([01:11:27](#)):

It was given to me by a man up in the Northern Territory. And yeah, no one ever looks at it. I was like, I love it. Can I buy it? And she's like, yeah. And I said, what is it? And she's like, it's mite. I was like, oh. And I loved this little rock. It's not very big. And during Covid, when I was here and spending a lot of time journeying with my drum with the horses, I decided I'm going to journey and meet the origins of this rock. I want to go to the origins of this rock. And when I went in is like this being appeared and so clearly I'm not a rock. My name is rug, and I would like you to address me like a being okay rug, not a rock. Hi Ruga, nice to meet you. And he said, thank you for picking me up.

([01:12:27](#)):

I've been waiting for someone for so long to come along so that I could share my story. Okay, what is your story? And so it was going through a little snapshot, like a little time portal, and all of a sudden we're on the bank of this beautiful stream. There's grass and the stream is flowing and it's crystal clear. There's beautiful red rocks in the stream. It feels cool. It's kind of like rolling grasslands with some steeps. And then my attention catches this big rock in the bank on a turn of the stream. And I'm looking at this rock and I'm looking at this rock. And then everything starts to gradually dry up. The grass starts to die, the stream gets lower, everything turns brown, then it turns to nothing. It's just red dirt. The water stops flowing. And in that process, chunks of this rock had broken off and been carried downstream.

([01:13:35](#)):

And so I watched this place of rug's, origin go from being abundant and life providing life sustaining to desolate. And then rug takes me to him and I can see his little shape and he's sitting in a dry stream bed and I see a hand pick him up. And then he just shares this feeling of all of this travel, all of this movement. And then he arrives on this shelf, thank you for sharing your beautiful story, rug. And he said, do you not see the symbolism in it? Do you not see the parallel? Why you have me?

([01:14:23](#)):

No, not right now. Sit on it and think about it. So I sat back for, I was like, hmm. That was the first time a rock had had a name. And what came from that? And I journey with Ruga and to rug's, place of origin fairly frequently. It's a deep, well, that stream is a well of wisdom. You can go sit there and things will just bubble out of the water there when I need clarification on something. But was that as humankind

evolved and we moved away from nature, we moved away from horses, we moved away from being on the land, we lost that connection, that reverence, that necessity to maintain the land's health, the land's vitality. And that was an important thing in my life to talk about, to share with others, to bring into the things that I was teaching and offering that we have to remember, we are not the supreme beings on this planet.

[\(01:15:45\)](#):

We are a part of this entire web and we have had a major effect on the health of the rest of the web. And that at this point, it is our responsibility alone to try to weave that web back into a structure that can provide nourishment and sustain the entire web. And that rocks, the elementals, even the trees, they stand for a really long time and watch what we do and they carry these memories and that all around there are beings like Rugar who we might have in our homes and they're with us because they have a story to share. Even if you can't hear them or see a picture that they're trying to show you, they carry the energy signature of remembering that we have to come back to nature, that we have to revitalize this planet that we call home because life only works if we can breathe the air and drink the water and gather food.

[\(01:16:58\)](#):

So rug, the rock from Australia, so a lot of my teaching while I traveled was from the land, was from sitting at the Pinnacles and just outside of Cervantes and those, they're pillars rising out of the sand in Eastern California, we have something at Mono Lake called Tufa, and the pinnacles are kind of like TFAs, rock mineral formations that rise out. And they all have stories, they have different wisdoms to drop it. And some of them are really lighthearted. They're not profound. It's just like, this is my story and this is my experience. And some of them you're like, whoa, what did that rock? What did that formation just say to me?

[\(01:17:54\)](#):

So the land in my travels, the land was my biggest teacher, and I was able to accept that in those travels come across other people that were like, oh yeah, I talked to rocks. I talked to, I was no longer strange. Or it was, oh, there are places where this is normal. And I wonder if people back home are looking for community where this can be normal. I bet there are people around me in my life who also have experienced things like this who haven't had a place to share it. Yeah, they're definitely, those people have started to show up and like, wow, I didn't know I wasn't the only one. And so opportunities, your podcast are great. I know for me, getting to listen to a lot of your guests stories, it's like, oh yay. There are people all over the world and they're totally comfortable and confident to come and talk about it. And that will hopefully ignite courage for exponential growth of this kind of sharing. Let's talk about it. Let's sit in it and let's make it normal. Let's take the woowoo out of it because it's not, it's what we naturally do as beings communicate through our senses.

Warwick Schiller [\(01:19:18\)](#):

Yeah, that's for me, that's been one of probably the biggest fun part of the whole podcast is people not feeling alone in their views or their experiences because these aren't the conversations a lot of people have. And yeah, I've heard it from quite a few people. That's what they've loved about the podcast is people sharing stories like yours. Even though I think Rugar might be the best story I've heard in the podcast, not that we are judging and quantifying, but it's,

Jordana Anawalt [\(01:19:58\)](#):

I'll have to send you a picture of Rugar.

Warwick Schiller ([01:20:00](#)):

I'd love to see a picture of rug. Wow. Okay. So I have a question for you. It came up to me while you're talking about Ruga and it's something I've thought about before. So you mentioned previous lives and things like that. Do you think there is a sequential order to where you'll be a rock and then you'll be a tree and then you'll be an animal, then you'll be a human? Or do you think you can your next time around you might be a rock had it explained to me like when you're a rock, you have to learn just to sit. And if you're a tree, you learn how to take in energy from the sun, but you still have to sit. And I don't think there's a right or wrong answer to this, but what do you, you think there's a sequential order to things or you could be anything next time.

Jordana Anawalt ([01:21:10](#)):

I think you could be anything next time.

([01:21:16](#)):

I think that that phrasing alone, we're human. And so we do a lot of thinking. Our cognition is the one thing as a human choosing to come in as a human, that we are here to learn about how to be aware of our thoughts, how to be grateful for the ability to create complex thoughts and to have a brain that's evolved, but to be able to come to the place, which I don't even know if in my life, I'll get to it, I think very few human beings do, where you can just accept that we will never know and that the need to try to figure it out is the lesson to not need to figure it out anymore.

Warwick Schiller ([01:22:11](#)):

Okay. So you're saying I should stop pondering that question.

Jordana Anawalt ([01:22:18](#)):

I think maybe ponder it in a different way. Ponder it through a sense, have the question and send the question out and see if you can get an answer to the question through sound. Can you get an answer to the question through feel like through kinesthetic touch, like ask the question from a different place in the body, not from the mind.

Warwick Schiller ([01:22:42](#)):

Thank you, thank you, thank you. That was, I think that could be some of the best advice I've ever received for anything. I need to think about that more because I'm very much in my head quantifying and analyzing, and it helps me in, definitely helps me in some places and it hinders me in others, but yeah, I need to do that.

Jordana Anawalt ([01:23:03](#)):

Do you have a favorite or maybe not a favorite, that's a very particular word. Do you have a horse in your life right now that you feel as a guide? Like the guide? Yes. Yes. Okay. So that question, this is what I love. This lights my fire. What I love about horses, when you start to do sensory work with horses, so you take these big questions or little questions, curiosities, and you go to the horse and you set the intention that you're going to put that question out, but that you're going to put the question out and you're going to be with it in each sense. And you do this in the presence of the horses. So I am curious, are lifetimes sequential?

([01:23:55](#)):

Will you share your understanding of that with me? Horse, nature, self. And then you sit and you allow what you hear, like you focus. I'm going to hear the answer through the sounds around me. I'm going to feel the answer. I'm going to smell and taste the answer. I'm going to turn my eyes off and stop needing to see the answer. Because sight is attached to cognition when we let those other senses. And then the other sense, the most valuable sense, which is the sense of feeling out from the whole being. I see it like a jellyfish from your center here. It's your naval pico. It's like a jellyfish that radiates out and feels with all of its tentacles, feel the answer, and then feel into the answer again in two months, and then again in two years, and feel how that answer evolves and shifts and is relevant to this time in life.

[\(01:25:03\)](#):

And the horses, when you do this with horses, it's this look and they're like, they get it, look it, the human gets it, and then they start to unlock doors and unlock places in our mind that have become closed or constricted because of our conditioning. The horses just, they're like, great, we'll just open that up for you. Let's start to let flow. Their presence is so magical, and when you take them and what they have to talk to us about and share and you add it to this returning to our natural sense of processing our senses, magic can happen. So the guide horse, the guide horses, are always have some pretty explosive information to share.

Warwick Schiller [\(01:26:04\)](#):

That was awesome. That was awesome. There was a book I read a number of years ago, and it was about shamans and it was about how practices you can do and things like that. And it's interesting, one of the practices they say to do was to go out and sit in nature, and each time you sit in nature, use a different sense. One time, go out and sit there and just listen one time, go out there and sit there and see one time, go out there and sit there and feel and just feel with your body. And I've talked about it before in the podcast. There's a book I've read called Radical Wholeness, and in that book they talk about a West African tribe called the Anglo iWay tribe. And they have this word that they called, which translates into English as feel with the flesh from the inside out. And that's that jellyfish thing you're talking about.

Jordana Anawalt [\(01:27:04\)](#):

Yeah. The first skill that when a new human comes out to my facility, we do a sensory exercise in the horse paddock, but not with the horse wear. Everyone turns in words, eyes off, hearing, feeling, smelling, tasting, and it's the teaching that do you hear the sounds? So allow yourself to hear the sounds and then feel deeper. What are the sounds sharing with you about what's happening? What does the environment feel like? Did the birds go silent because it's nap time, or did the birds just go silent because there's a predator? Are the birds talking and just chattering having communication about food, or are the birds talking and giving a warning? There's a feeling the wind can be still, but you can feel chaos on your skin, or it can be so chaotically windy and feel absolutely serene. And teaching humans how to remember that when we were hunters and gatherers, we used our entire sensory body to take information in it hit that center place, pico right behind our navel, our intuitive knowledge system.

[\(01:28:23\)](#):

It traveled up to our heart. It did this really quick check of coherence, and then our brain got a signal and sent a neurochemical out to the rest of the body, and we acted. Horses never stopped doing this. We did it when we were really young, when we were infants, and some of us got to do it for longer. And there are tribes around the world who still live that way. So it's not that it's gone, it's just a remembering. So when you tap people into this and then you draw the comparison that this is what

horses have to teach us is this remembering how to come home to our natural way of perceiving the world. And then your whole world around you changes when you perceive that way. And so when we actually then end up in with the horses, the first thing that I do is I have people close their eyes and we do blind experiencing and learning how to meet a horse from a place where vision is not included, where and when you take away sight, you take away the ability to look at a physical behavior and put a judgment on it to look at a physical behavior and put an expectation to start to create a story.

[\(01:29:43\)](#):

So when people have stories about horses like This horse is a biter, or this horse does this, when we close the eyes, you get to just come into your body and be like, wow, I'm feeling really nervous. Why? Well, because he bites. Does he feel like he's biting right now? Well, no. What does the muscle under your hands feel like? Well, it's soft. Okay, can you breathe into that softness? What does that softness feel like? People are given the opportunity to start rebuilding the stories they tell about the horse, about themselves, about the situations they're in. When we turn the eyes off and we return to that natural perception system, we're gifted the most beautiful by horse because horse is quite a support in the work. So play with that with your horses if you feel comfortable.

Warwick Schiller [\(01:30:41\)](#):

Oh, I'm itching to do it right now, actually. Wow. Yeah, that last five minutes of conversation there, it's like it is just lined up a whole lot of things I've been thinking about. I've been aware of. I think I was reading a book, there was a book, maybe I was listening to a book recently. I'm talking about how your gut senses things way ahead of your brain. I was talking about exactly what you said. Your gut sends messages to your heart, which sends messages to your brain. Then your brain does the chemical thing after that. But the gut's way, way ahead of the rest of it, there was a, I dunno if it was the same book, but they were talking about, they did a study on Wall Street stockbrokers who, and they looked at who made the most money, which means who made the best trades. And those trades are almost instant, I guess buy that, sell that. And the people who could feel their own heartbeat were the ones who made the most money. So they were in their bodies and not in their heads. And so that gut was happening first.

Jordana Anawalt [\(01:32:00\)](#):

Right, right. Yeah. And this works both ways. That's my newest teaching from the horses is that the horses, although they all still live closely to this sensory perception system, when horses have gone through experiences with human beings that have created a sense of where they don't have control of their own being, of their own experience and being in tune to their senses has been detrimental because it either has created physical pain or emotional pain or cognitive resistance, they go into this space where they start to live in their mind. When humans come around, when they're out by themselves, they're very happy to return to a congruent place of being, but they can just feel a car pull into the barn and everything starts to shift. They pull out of congruence and move into their mind. And to see that parallel in people with anxiety and horses with anxiety, and typically the horses that have anxiety end up with people with anxiety so they can work through this space of not being in the body.

[\(01:33:26\)](#):

And why are we not in the body and what does it feel like to come into the body? And what sense is the sense that makes us feel most safe to first reenter and that the horses, so humans are on a journey. And one of the programs that I facilitate, it's all the work with physical horses is called Journey Inward with Medicine Horse. And it's two journeys. It's the journey of the human back into themselves, and then it's

the journey of the horse back to their true essence. Before humans created all of the attachments or places that we tug at horses energetically. And to watch horses come through that process and to then hear some of the things that they're saying now, gelding is a really emotionally and energetically traumatic process for horses. And the geldings carry a lot of them because the sharings I've received from the geldings that I'm interacting with are coming from a place of gelding like horse. We have horses, individual beings, and we have horse, which is all the horses that ever, were all the horses that will ever be and all the horses that are. It's the big body,

Warwick Schiller ([01:34:53](#)):

The collective consciousness of horses and gen.

Jordana Anawalt ([01:34:57](#)):

So then there are experiences that are a collective experience like that. And gelding is a collective experience that lots of horses throughout all of time have experienced. Same with mares, foing and their children just being taken away with no explanation. Horses would like things to just be explained to them. In February, one of the horses in my herd said, why don't you being humans, just talk to us the way you talk to family. Why don't you just tell us, Hey, I'm going on a trip and I'll be back, and so-and-so's going to watch you. Or Hey, we're just running to the vet and this is what's going to happen. It's probably going to create some pain. Or, Hey, my life situation is changing. I'm leaving for college. This is happening right now with a couple of my horses. I love you and I'm going to always hold space for you.

([01:35:52](#)):

And to have this actual conversation and experience that we would have with a human when a child leaves for school, the parents and the child, that's a multi-year conversation and experience. And it transcends beyond the child actually leaving the home and going to school. There's still this connection that is in conversation happening. And with animals as humans, we've decided that they don't need that or they don't get to have that. It's not important. It's not even on our radar. And so we've started to work in a space of collective healing for these conversation first. And it's not even healing. It's conversation to acceptance. Acceptance is the place where we find healing. When we can accept something, it just is, and we're allowed to integrate it in and then continue to move forward. That's what that process is. Well, the horses need that too. And I didn't.

([01:36:57](#)):

That really is the newest thing that I'm like, whoa. So you guys have traumas that now we have the skillset because we can communicate to you through this sensory system by feeling into the environment, feeling into the different senses in the energy field, and then forming a conversation, a piece of knowledge. We do it in a bubble and we send that bubble over to the horse and allow it to enter their central channel of energy, and then the horse can share back with us. And some horses, just like some people, some horses are visuals. You can send them images and they pick up images. Some people see images a lot. Some people are really auditory. Some horses will hear words, and it's not the actual words that they understand. It's the energetic signature of the words. Some horses feel things primarily. So it's like, okay, we want to walk out there to go and we want to go take a ride in the pasture.

([01:38:04](#)):

But the horse is still just seeing the image of like, I'm standing here eating the hay. I don't want to leave the hay. I'm not going out there. It's like, well, what does it feel like to eat your favorite food? Ooh, I love cheese. Okay, well feel what it feels like to eat cheese. Like, oh, it's so satisfying. And then share that feeling with the image of the pasture ride with the horse. And if that horse is a kinesthetic learner or

receiver, they're like, oh, we're going to go have this wonderful response of eating lush grass and I can see the picture. And they connect those. So you have to learn, does a horse receive information through images, through sound, through feel? How do I receive information, images, sound, feel? It's always a combination, but you have primary ways of taking that in. And then how do I send, am I good at sending images?

[\(01:38:56\)](#):

I have to practice that. Am I good at sending feelings? Wow, I'm really out of touch with my body. I don't even know what it feels like to feel that. And then every horse is different. So working with lots of horses is so great for humans because you get to learn just what you have to learn with other people. How do you interact with different preferences, different learning styles? And it's beyond that space of cognition, which is where I feel like for the last a hundred years, we've been so focused in the cognitive piece and it's important, but we're animals and bodies and it's about the senses. And so the horses have just been sharing things about, well, we need help now too. So since you guys have figured it out, can you help us? Now some days the horse, like It's a me day or Okay, human, it's a you day.

[\(01:39:52\)](#):

We'll support you in your work. And today I need support in my work and really neat stuff. Again, I'm always so excited to go out and work with horses. I have no idea what's going to come up. Maybe it'll be a lesson where we ask the horse to leave the paddock and walk over to the, we built a medicine wheel on the property out of the round pen. I didn't like what the round pen represented, and it's a really old historic property with this beautiful tall, wooden round pen. So we shifted the space and we use it as a conversation space with horses, and the horses have to choose to leave the pad and choose to walk down there and choose to line up at the mounting block. And maybe we go on a ride and that's what our session is. Or maybe our session will be. We end up sitting on the dirt underneath the horse crying because we feel this overwhelming sense of grief and lack of control and anger during the gelding process because he could feel it.

Warwick Schiller [\(01:40:57\)](#):

I have a question about that.

Jordana Anawalt [\(01:41:00\)](#):

Yeah,

Warwick Schiller [\(01:41:06\)](#):

About the gelding process. Is there a way it can be done where it's less detrimental?

Jordana Anawalt [\(01:41:20\)](#):

What they've shared is, again, they just want to be communicated like this is what's going to happen and this is why. And that really a gelding, a birth, a separation of mare and fo, those are initiations. Those are rites of passage type acts. Those types of experiences should have some level of ceremony around them,

[\(01:41:48\)](#):

Reverence, honor for what is taking place and agreement or an acknowledgement of how significant those acts are. And that in itself, the horses have shared is enough. Because if we started to do that for situations that seem to be just routine or that our routine, maybe we would start to do that for the

situations in our lives that are routine. We would walk through our life in a space of ceremony, being grateful that we can turn on a faucet and we have clean drinking water, having a sense of ceremony. When you wake up in the morning and you take a breath and go, I get another day just having reverence and the horses understand that there is suffering and that that's one of nature's laws. Suffering is part of life and that they're not asking for that to be removed, but they're asking that we step up and we become accountable and aware of our role in the suffering that we cause because humans create quite a bit of suffering for the natural world and for our fellow human brothers and sisters from a space of just unconscious choice where we're not fully aware of what the repercussions are when we do something.

(01:43:31):

So yeah.

Warwick Schiller (01:43:37):

Okay. That gives me something to think about. I should get to your questions that you chose before we get too much further along here. And you may have

Jordana Anawalt (01:43:51):

Answered some of them,

Warwick Schiller (01:43:52):

May have answered some of them, but the first one that you chose was what was your biggest failure and how has it helped you?

Jordana Anawalt (01:43:59):

My biggest failure, which wasn't a failure at the time I felt like I was a failure, was closing down my natural horsemanship business and program harmony with horses. And stepping into this spirit led heartfelt space of exploration and knowing that I was walking away from financial stability, that I was walking away from commitments that I had to clients and relationships that were very valued, but that were only going to continue if I stayed in this certain structure. And that was hard. It felt like I'd let a lot of people down. I'd let myself down. I hadn't followed through with something. I don't like to quit. I don't like to quit. I'm okay with failing. Stuff is going to go wrong. That's how you learn. But that was me choosing to end a cycle. And that was the biggest teaching in the teaching of the sacred hoop of the medicine wheel was that there is always going to be death, finality, closure in order for something new to come in and that I had to learn to be okay and to be confident to courageously step into those places of like, I'm going to say no.

(01:45:28):

I'm going to decide to change my life course because a horse said something to me in a field and that makes absolutely no sense to a whole bunch of people, but I'm going to do it. So that I feel like was my biggest failure, but it led to what I get to do now. So again, I'm so grateful that I chose to step away from that chapter of my life.

Warwick Schiller (01:45:54):

I was going to ask you this before I forgot to. You mentioned the medicine wheel again. Can you tell us about the medicine wheel?

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

Yeah. So I'm going to share my understanding and my interpretation of the medicine wheel, which it represents the cycle that is alive and active in all things. It is the stage of birth, of growth, of maturity and of death, and then returning back to the cycle. So we go through these experiences. The seasons do it right? We do it personally as humans, going from infants to elders to spirit and back to infants, or maybe we come back as a rug,

([01:46:49](#)):

But we do it in our jobs. We do it in relationships and in an earth-based system, this doesn't need to be even taught to young people because they're living in a societal structure where every day is based off that cycle. It's spring. So we're focused on planting things. Every season had a task for survival. So the understanding that life is cyclical was just known from the time you were very small and woven into your understanding of a life walk. What I found as I moved into the last decade of my life was we don't learn that in a modern western society. And so we are actually taught to avoid or to fear the cycle of finality, which is necessary. It's absolutely necessary to embrace that, which includes physical death, getting to have a relationship with the death of animals, the death of humans, the death of jobs being like, wow, I went to school for this and I rose to this place in the company and I was making X amount of money, or I got this public recognition, but this doesn't work for me anymore.

([01:48:22](#)):

I'm stressed. I'm angry. I have a disease now I'm pulling out. I'm going to end this chapter because I'm not allowing, I'm not looking at what's happening and letting the natural flow occur. So the medicine wheel is a wheel. It keeps turning, and we use it in the work that we do in choice tribe to gauge where are you right now? Are you in a place of new beginnings in your work life? Are you in a place of new beginnings in a relationship? Are you in a place of new beginnings with your connection to spirituality or in any facet of life? And then knowing that at any given moment in our life, we are at a different place on the medicine wheel in different areas of our life. And that if we find that we're trying to stay in one area, we're like, I don't want this to end, or I'm afraid of what will happen. You should be afraid of what you're holding yourself back from. It could be so great to move through that last stage. So the medicine wheel is this teaching of just allowing flow, continual movement. Everything is continually movement. If we are trying to be still, we are fighting the laws of nature, the law of nature that circle.

Warwick Schiller ([01:49:52](#)):

Wow, that was very cool. I'm glad I asked that question. I was taking notes right then. Okay, let's get back to your, sorry, the questions you chose. If you could, and you may have said this already, but if you could spread a message, one that people would listen to, what would that be?

Jordana Anawalt ([01:50:12](#)):

Time is the most valuable currency. Choose to spend the time that you have in this body, doing what you love, doing what your heart calls you to do. Be absolutely steadfast in following whatever that calling is, as crazy and unreasonable and out of the context of societal norms as it may be. Follow it. We only get so much time and we don't know how much time we have left, so how are you using it? We don't get to take anything with us. We only have time.

Warwick Schiller ([01:51:03](#)):

Yes, that's a great reminder. Next question would be, what's the most worthwhile thing you've done that you've put your time into something that changed the course of your life,

Jordana Anawalt ([01:51:20](#)):

Following all of the little signs, all the synchronicities, all the dreams, all the by chance meetings, following all of those things. Since I was little, I put a lot of time into that, and a lot of the time I do probably look quite irresponsible or totally out of my mind for the choices that I make. But that has become my guidance system. So I spend a lot of time, the last 11 days, every day for 11 days, I have been gifted an owl feather on my property. So after day three, I was like, okay, I'm paying attention owl medicine. I sat in that.

([01:52:10](#)):

I called upon the energy of owl and asked, what are you asking me to pay attention to? What are you guiding me towards? So spending time for me, noticing when the earth or the spirits are saying jordanna, hello, we're trying to point something out to you and you need to take some time to focus on this. I always have time. I got to get on and answer emails. I need to go out and teach a session. But taking the time to sit with those signs, to sit with those messages that are coming from the places that we cannot see, that's the most worthwhile thing I've done.

Warwick Schiller ([01:52:51](#)):

Wow. I'm just loving this conversation with you, by the way. Next question you chose, what do you do to relieve stress or recharge your batteries?

Jordana Anawalt ([01:53:04](#)):

I walk barefoot on the earth. That's what I do. I walk barefoot on the earth and sit up against a tree and ask a tree, a rock or a river, whatever I'm called to be near. Can you share with me what it feels like to be you? Can you share the feeling of your energy flow? And it's a full recharge if you plugged a DeWalt battery into a charger. That's the image that I've been shown is it's why the horses spend time with the trees too, and they're recharging. It's this balancing for them. And so just being able to be against these stationary or these elemental forces barefoot in contact, letting my body, which is the body of those objects or those beings come back together and it's like, oh yeah, big deep breath. What a gift it is to be human gift.

Warwick Schiller ([01:54:17](#)):

Wow. Okay. The next question's going to be, it's an interesting one because the question is what's one common myth in your profession that you wish to debunk? But first you would have to describe what the hell is your profession?

Jordana Anawalt ([01:54:35](#)):

So at this point, my understanding of the work I do is that I teach congruent communication with humans. So I teach humans how to communicate congruently within themselves. Are your mind, body, heart and spirit working cooperatively, and are they fairly balanced? I then teach horses how to work through that. Horses who come into the program who have never had a choice, who are in some way maybe incongruent, and then I teach horses and humans to do that together. I teach groups how to do that. So congruent communication coach, but horses are the inspiration for all this. So if you were going to go into the field of working with horses in any capacity, what I would advise people would be to let go of the belief that horses communicate any differently than we do.

([01:55:44](#)):

Horses communicate in the most authentic version of communication through the sensory system. It is us who has forgotten and needs to remember and reattune and our sensory communication and that the horses fully comprehend all that we comprehend just through a different lens. And it's our responsibility to return back to a connection with nature so that we can see it from that standpoint too. Not to try to shape in any way the horse's perception or reception of information to fit the current human model. Because the current human model of understanding and communicating in general is not natural.

[\(01:56:43\)](#):

The horses totally get what we get. They have very large thoughts. They can put together big concepts. They can show very intricate stories of the passage of time and of the feelings attached to certain situations and how it led to other experiences in their life. And they are just waiting for us to say, oh, I turned on the switch to my sensory communication system. And then they're like, great. So now we can have a free flowing conversation. And the moment that our senses start to get, the volume gets turned down, which is when we slip out of the present moment. When we slip out of our body, the horses, it seems like all of a sudden we lose the ability to communicate. It just got turned down. So horses have complex thoughts. They can communicate just the way we do.

Warwick Schiller [\(01:57:40\)](#):

That was very, very cool. I've got so much out of this conversation. It's not funny. I've got a whole list of stuff I got to do. And your last question that you chose was, what's your relationship like with fear? To me, you, no question.

Jordana Anawalt [\(01:57:55\)](#):

Right? I used to avoid fear. It just created so much anxiety in me. It was the unknown. What's going to happen? I don't know. Now, whenever I feel fear, I'm running towards it. The packaging around a reward or a great teaching fear is what I get to unwrap to get to the thing that's going to be the awesome nugget of addition to my life. And the first big fear that I had to really overcome was the fear of death, of losing somebody that I loved and feeling that that was going to be final. And when it wasn't final, when they showed up in my dreams and then started showing me things, that was for me, a big realization that that fear was a choice. Coming back to the choice that you have a choice in life, I was in a space of choosing to be fearful about the circumstance of death and dying because it was unknown.

[\(01:59:07\)](#):

There was no experiences I had around it, no one to talk to about it, no sense of understanding it in my body because I'd been the presence of it or witnessed it. And then once I'd gone through that experience, the fear went away and it allowed me to start seeing other situations in my life where fear was present as just the fear was based in my vantage from my vantage point, from my perspective. And if I stepped over here and I looked at it from over here, would I still be fearful? Maybe a little bit. What about over here? Oh, not at all. How does the tree view death? It just shifted. So now when fear pops up in my life, I am like, Ooh, oh, this is going to be an interesting experience. I'll probably have some failures in it, but let's move into the fear and see what beautiful little nugget or prize I get to unwrap from the fear experience

Warwick Schiller [\(02:00:09\)](#):

That the whole wrapping your head around that we are just energetic beings experiencing a physical reality, and that we don't die. You just lose this physical existence. That one takes a bit of getting your

head around, but you're right though not getting your head around that is the cause of fear. And when you can get your head around that, and I've had some experiences not, I've had some experiences with letting go of this physical reality and existing just as an energetic presence. And yeah, I don't think I'm quite fully there yet, as in I'm still going to clinging onto this thing, but I'm getting more aware of it, and I think it's probably a process.

Jordana Anawalt ([02:01:18](#)):

The horses, again, the animals are just, I'm always sad when it's time to transition a being, whether it's a human or an animal, or even cutting down a tree when I go to cut firewood, that's a transition. That's a taking of separation of spirit and form. But sitting and getting to be with horses when they make that separation so beautiful it, it's sad, but there's something that feels, it's comfortable, it's familiar, it's the remembering from lifetimes, from the memories of all of our ancestors and our D n A, that life is just a part of that cycle, a part of that medicine wheel, and the animals aren't attached to their bodies the way we are. And you go back a thousand years less than that, we weren't attached to our bodies the way we are now because we grew up in surrounded by death. Death happened often. We had to kill our food. So we had this relationship with taking life and seeing animal turning into food. We had this relationship with young people, with children and infants dying because we didn't have medical care. We had this relationship with death. So we felt it in our body from the time we were really little, that it was just this transition of worlds. There's no death, only a transition of worlds. It's a chief Seattle quote that every time someone or something passes, it's like, right, just a change in shape. Just a change in form.

([02:03:20](#)):

And so when you get to tap into your senses and start to communicate with the horses or with the natural world in that way, that's been an affirmation of that same knowing like, right, oh, I'm just an energy in a form. I'm not attached to the form because I'm not even moving. I'm not doing any body language cues to the horse. I'm literally creating a picture with a sensation or phrase in my mind, and I'm sending it to them in a bubble. And then now the horse is trotting a circle around me, but I haven't cued them to do that. I sent the image. And that really drives home that knowing of, oh, I'm not my body. I don't need this flesh suit to be able to experience what life is. It's happening. It's the animation inside that's actually life.

Warwick Schiller ([02:04:21](#)):

This has been such a fun conversation. How do people find out more about you or get ahold of you?

Jordana Anawalt ([02:04:30](#)):

Our website is www.choicetribe.com. We've got two social media, so Choice Tribe on Instagram and Facebook, which offers information and kind of happenings on the whole of what we do. And then Choice Horsemanship is the focus of the work we do directly with the horses and humans. So that would be how

Warwick Schiller ([02:04:59](#)):

Awesome. Well, thank you so much for joining me. This has been one of the coolest conversations I've had on the podcast, and I've had some pretty cool conversations. And actually, it wasn't that much of a conversation. I just mostly listened, and that was profound. Thank you so much.

Jordana Anawalt ([02:05:16](#)):

This transcript was exported on Oct 03, 2023 - view latest version [here](#).

Thank you so much. This was such a gift. And before we got on, I told you when I first heard, I heard your first podcast, I was like, I'm going to be on The Works podcast. It was just a feeling in me. And so this is a dream come true. I'm so grateful to gotten to share with you today and look forward to sharing with you in the future.

Warwick Schiller ([02:05:39](#)):

Yeah. Well, thank you so much for everything you shared and for you guys at home. I'm pretty sure you enjoyed that as much as I did. Thanks for joining us, and we'll catch you on the next episode of The Journey on podcast.

Speaker 1 ([02:05:51](#)):

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.