

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

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

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

Good day everyone, and welcome back to the Journey on podcast. I'm your host, Warwick Schiller, and on today's podcast I have a great chat with a horseman named JP Dyal. And JP, in addition to having his own training business, is the ranch manager for the Sacramento County Sheriff's Department Wild Horse Program. So under JP P'S instruction, he teaches horsemanship to accrue of offenders. Most of them have never ridden or touched a horse before. And then the offenders use his methods to train Bureau of Land Management Mustangs so they can be adopted out to the general public and law enforcement agencies across the country. And it's such a great cause. And in this conversation with JP once again, pretty profound stuff. And JP talks about his own healing journey from the depths of depression and the things he's learned and how he's using those things to help these prisoners not only learn how to train these mustangs, but help them with the changes that they need to make in order to be able to do that. And I've heard about these programs before, but JP Iss probably the first one I've got to sit down and chat to about what goes on. And yeah, such a fabulous conversation and I enjoyed every minute of it and I'm sure you will enjoy it as much as I did.

([00:02:16](#)):

JP Dialer, welcome to the Journey on podcast.

JP Dyal ([00:02:19](#)):

Thanks for having me. Warwick. It's an honor.

Warwick Schiller ([00:02:22](#)):

Oh, this is going to be fun. This is all stories about people in their journeys and you're one of those guys that's on quite the journey from where you started. And I've read a bit of your bio and it's like, oh, you didn't even start out a horse guy. You didn't even start out in this part of the country. And I've done horses all. When I came home from school, we rode horses. That's what I did. I've done horses all my life. And so you're one of those guys who's done a lot of different things, but the thing I want to talk about that you are currently doing is, so you're the ranch manager for the Sacramento County Sheriff's Department WildHorse Program?

JP Dyal ([00:03:05](#)):

Yes, I sure am.

Warwick Schiller ([00:03:08](#)):

So you work with inmates there and help them? They help you train Mustangs. Is that how that goes

JP Dyal ([00:03:14](#)):

Down? Yeah, exactly. These guys, they join the program. Most of 'em have never touched a horse in their life. Maybe I'll get a couple guys that have a little bit of experience, someone in their family, maybe pretty much outside of the trail ride here and there on a vacation. These guys have never worked with a horse

Warwick Schiller ([00:03:33](#)):

And so they have to apply to be in the program. So you're not working with all inmates. It's someone who wants to be in that program

JP Dyal ([00:03:42](#)):

And we offer it to 'em. They have meet various criteria and they're part of the reentry division in our department here at the Root Consumers Correction Center. And we have other vocational, if you have welding, automotive construction landscape. So they're offered to be part of that program. If they meet various criteria, they're typically nonviolent. Most of 'em are in trouble for transporting drugs or dealing drugs or multiple DUIs. Various list is long, but so they're on the nonviolent side. The programs offer to them when they come in. I don't actually screen 'em or select them. I am happy for any one of them come out the program. The horses, we all know the horses are going to change their lives and so more people can get into the program the better. We've had our limitations. We're a jail program. We're not like the prison programs or our sentences are much shorter, so we don't have that as long as a sentence. A couple years is going to be on the long side for us.

Warwick Schiller ([00:04:52](#)):

These guys, let's say they're serving a two year sentence, do they serve it there or do you get guys that have served longer sentences somewhere else and come there to finish out? Don't know much about the jail system.

JP Dyal ([00:05:03](#)):

No, they're doing their whole sentence here and they have to be sentenced. And that's been a thing we've been dealing with lately with all this covid quarantines and people being released from the jail sooner. So the population's been lower and that's got some issues and that slows this down. We just came off a recent quarantine. We were quarantined for 'em of three weeks and the guys can't come out. Then somebody gets sick in the jail. It's kind of like being in a submarine and everyone's going to get it.

Warwick Schiller ([00:05:37](#)):

Do they get transported from the jail to there or are the horses at the jail?

JP Dyal ([00:05:41](#)):

They're at the jail. I mean, we're outside the wire, you would call it. Have a couple deputies, one of 'em from the past, but they come outside of jail, then they bring them back into my area. We can see the jail from where we are. As far as I'm concerned. The jail is just a bunkhouse, but we can see it. Horses are just next door to the facility.

Warwick Schiller ([00:06:05](#)):

Just to clarify, the deputy that I know from years past, that sounded kind of sinister actually, but there's a deputy there whose wife used to show reigning horses and I knew him from the horse shows. I just thought I'd clarify that because JP just kind of dropped you. There's one of the deputies that you know from years past, it's like back when you were running drugs for the cartel or something like, no.

JP Dyal ([00:06:28](#)):

That's funny though. Small world.

Warwick Schiller ([00:06:30](#)):

Yeah, very, very small world. Him and Rachel. I said hi. Oh,

JP Dyal ([00:06:35](#)):

I will.

Warwick Schiller ([00:06:37](#)):

So okay, they can see the jail there. So tell us about the horses you have there and then what do you guys do them? Yeah,

JP Dyal ([00:06:46](#)):

We have Mustangs. We have an agreement with their Bureau of Land Management. So they're all Mustangs unhandled. I just got a nine the other day and they haven't been touched outside of being doctored in a squeeze shoot, branded and vaccinated and their feet done, stuff like that. But that's all done in a squeeze Shoot. These horses have not been touched by a person.

Warwick Schiller ([00:07:04](#)):

Well, they have been. It's funny. They haven't been touched, but actually they have.

JP Dyal ([00:07:12](#)):

They've physically been

Warwick Schiller ([00:07:13](#)):

Touched. It's like they've been kidnapped and held down and touched. So you're not dealing with an UNT traumatized horse, really. You are. No, they're not a wild horse that you're starting from ground zero. You're starting from below ground zero, you're in the basement, you got it. There's a level of mistrust there already.

JP Dyal ([00:07:39](#)):

Yeah, there is. I mean the way the forces are handled, unfortunately, it's not that they're being mistreated, it's just the way that if we could do it, but just a simple fact of being brought in off the range. You'll hear me talk about it later when we go through some more questions that they don't know how they got there. Horse doesn't get it. At the same time, my offenders in the program don't really understand how they got there, how their life got there. And I got two lost souls sitting there in the round pen. These two guys, they got to learn to work with each other to save each other. And they both have trauma. They both do. I mean whether the guys in their life that led 'em into this situation, there's

trauma there, this effect that they've been incarcerated, there's trauma. So both of them are starting below zero.

Warwick Schiller ([00:08:32](#)):

Yeah, there's two ways. You just said the fact that they've been incarcerated means there's trauma. And a person could look at that two different ways. I dunno if you know who gal, do you know who Mata is?

JP Dyal ([00:08:47](#)):

I don't think so.

Warwick Schiller ([00:08:48](#)):

He's one of the Lord's leading experts on trauma or addiction actually. But he says whenever there's addiction, there's always trauma, but there's not always, if you have addiction, you also have trauma. But if you have trauma, you don't necessarily have addiction. But all addiction is rooted in trauma. I would imagine. All the reasons you go to jail is rooted in some sort of trauma before the trauma of going to jail. You got it. You're just piling trauma on trauma.

JP Dyal ([00:09:21](#)):

You got it. And I actually think I do know who he is. He write the book Recovery.

Warwick Schiller ([00:09:26](#)):

No, that's stressful brand.

JP Dyal ([00:09:29](#)):

I'm reading his book right now.

Warwick Schiller ([00:09:30](#)):

Oh, you're reading it or listening to it?

JP Dyal ([00:09:32](#)):

Listening to it. Actually I'm in the car a lot.

Warwick Schiller ([00:09:37](#)):

It's a great book. But I would listen to him read the phone book.

([00:09:43](#)):

And if you guys know who Russell Brandis, he's British and he swears a lot and he starts, so recovery is Russell Brand's take on the 12 step program and it starts out, he reads the 12 steps and then he goes, and now the 12 steps according to Russell, and I'm going to swear a little bit right now. So if anybody at home's going to get offended by the F word, it's about to come here real quick. And Russell goes Step one, are you a bit fucked up? Step two, could you not be fucked up? Step three, are you on your own going to Unfuck yourself? It's a great book.

JP Dyal ([00:10:17](#)):

It really is. Yeah, his voice and his inflection is wonderful. Until reading this book, I wasn't the one type of person had the addictions that a lot of the guys in my program have. That was one of the reasons I was reading it. And then you're sitting there reading it, you're going, I do have some addictions or have fought with Dictions. They were just not mainstream. Right.

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

As Rus says, we are all on the addiction scale somewhere.

JP Dyal ([00:10:43](#)):

You got it.

Warwick Schiller ([00:10:45](#)):

All of the things we do to nmy ourselves. Yes,

JP Dyal ([00:10:49](#)):

You can have said it better.

Warwick Schiller ([00:10:51](#)):

Yes. So I was talking about that step. You said they've got trauma, just the factor incarcerated means they've got trauma. And I'm not sure if you were referring to the fact that incarceration is trauma in itself, but I was trying to point out the fact that you probably don't end up in jail unless there's some trauma in your life from the start.

JP Dyal ([00:11:13](#)):

So I was pointing out both. I mean they got to that point, whatever in their life, they made that wrong decision. And that's what all these guys out here, they're great guys. They just made bad decisions and that's typically trauma leading to that. And we are a culmination of the decisions we've made in the past or failures and our successes. And so these guys have ended up in that situation typically from some type of trauma along the way in their life. And then the fact that they get incarcerated, that's a whole nother level of trauma to add on top of it. And in order for these guys to be able to work with the horses, they're going to learn about themselves. I mean, you're not going to connect with a wild horse or any horse if you're holding all this baggage in there. They hate it when I use the V word, but they have to learn to be vulnerable.

Warwick Schiller ([00:12:18](#)):

Well, that was what I was, I was just thinking about going from the jail to the round panel. Wherever they're working with these horses in the jail, you have to put on a front, you've got to have this big wall up around you and have no vulnerability whatsoever and actually project an aura of invincibility. Otherwise someone's going to be on your case and then you've got to step in there and you've got to let all that stuff go.

JP Dyal ([00:12:51](#)):

Well, they do. But what happens is, well, when they're working with the horses and this whole process, it transcends everything in their life to where when they go back in, they're not like that at first. Yes. But as they grow and as they learn about themselves and the connection as a horse begins to heal 'em, and

during this process, I've talked to many of 'em after they've been out close with several of 'em, and they're not that same way. They have more patience in there. They keep to themselves things. Things come off their back. They don't get wrapped up in the drama because working with the horse and the way I train 'em to work with the horse and the connection and building that connection and building that relationship and building that trust and mutual respect and to become a leader, that transcends everything in our life.

(00:13:48):

Whether you guys are in jail, my private clientele, the same thing, how they're with their spouse, it transcends everything. So that begins to change when the guys first come out, I was just talking to him about an hour ago. Danny recently got out, first time I watched to him walk into a round pen, just all looked like he was walking in a bar just squared right up to the horse, kind of puffed up. I'm like, oh geez. I come back here. And this was back when I was taking over the program, first guy I ever worked with and became my first level six. And he's doing great right now. But it is like whoa, back up at stake because that's how they are when they first come out. I mean, because what you said, they can't be vulnerable in there on the street or in the jail or wherever. That's not the way their life is. But they got to learn to be different. Well, they become different as a result of what they learn about themselves working with the horses.

Warwick Schiller (00:14:48):

Yes. So you said these guys are nonviolent offenders. Are they in with violent offenders and there's only nonviolent offenders in the program or these are all nonviolent offenders in your jail?

JP Dyal (00:14:59):

Yeah, no, I mean we have violent offenders in the jail. We have crossed the scale, but these guys, when they're in the reentry group, they're actually in a dorm, about 50 to 70 people. But it's bunk bed after bunk bed. Oh really? So all the other reentry departments, the kitchen staff, the guy, it gets a little bit different in there. But no, they're not around violent, but they're around some messed up stuff.

Warwick Schiller (00:15:24):

So they're in an environment where they could let their guard down, they could be vulnerable if they choose to. It's not like it's life and death, not like survival. Depends. Okay. I was wondering how that would work, how you'd go

JP Dyal (00:15:39):

From No, it's not like in the movies you see a guy thrown into the general population and that kind of stuff. It's not like that. They're separated out totally different. The violent offenders. The sexual offenders, everyone's totally separated. So these guys are more like on the honor side, be part of this program and they have to meet certain requirements and go through classes and things of that nature.

Warwick Schiller (00:16:03):

Wow. It's fascinating. We'll get into more of that later, but I want to go back to the start of you. You grew up in Florida.

JP Dyal (00:16:10):

Yep. Florida

Warwick Schiller ([00:16:11](#)):

Keys In the Florida Keys. And you used to work fishing charters, is that correct?

JP Dyal ([00:16:16](#)):

Yep. Yeah. So when you went home and you rode horses after school, I went home and went fishing if I wasn't running cross country or, cause I was a big runner when I was a kid, and that kind of formed a lot about my mind and I was a big distance runner. But if I were after practice, I always had a fishing right on my hand. I'd go fishing before school.

Warwick Schiller ([00:16:36](#)):

So did your family have a fishing business at all or you just liked to fish?

JP Dyal ([00:16:41](#)):

No, I just liked to fish. We grew up right on the water. If you've ever gone on a cruise out of Fort Lauderdale, I went to high school in Fort Lauderdale, most of my school. Our second home was actually in the Florida Keys, but that's where I spent most of my time. We've lived right on the water stiff right out back of the boat, out back at the dock, another one on the davit, which was mine. And my father was an attorney. I grew up with a great family. They were wonderful and I had a wonderful life growing up. I was fishing, we had some family, they had horses out west of Fort Lauderdale. And I still tease my cousin every once in a while and say, this is all your fault because we found a picture of me as a toddler on a horse. But if you would ask me back then if this is where I would be today out in California training horses and have the jail program have a large training businesses of my own, I would never guessed it.

Warwick Schiller ([00:17:43](#)):

You and me both. So it says you ran track and cross country for Auburn University. Did you have a go to university on a scholarship?

JP Dyal ([00:17:52](#)):

I started a Mercer on a scholarship, walked on at Auburn, had to earn my way there.

Warwick Schiller ([00:17:57](#)):

So for the rest of the world, who doesn't understand American terminology, a walk-on is someone who didn't go there on a scholarship and had to work their way onto the team. Yep. I'm just going to translate for the rest of the world. And the only reason I know that there's a guy that's big in the reigning and his dad was a walk-on for the football team somewhere in North Carolina or something or other. So when I heard this story, I'm like, well, what's a walk-on and why is he walking on? It's a bit like homecoming. The rest of the world wants to know where you're coming home from and no one can tell me because you're not really coming home from anywhere. So that's what I walk on is, and so you get a degree in, what'd you get a degree in?

JP Dyal ([00:18:37](#)):

I had a bunch. I never went home on the summers. I stayed there and trained. So I just kept taking classes and classes. So I ended up with a business degree, major in finance, accounting, minors in communication, English literature, American history and communications, and basically public speaking.

Warwick Schiller ([00:18:56](#)):

Oh, you wanted them smart horse trainers, aren't you?

JP Dyal ([00:18:58](#)):

But I struggled in high school, became a nerd in college. It wasn't until growing up, and this is a big part of me, and I haven't shared this with many people, I suffered with A D H D. I was a young kid. I tested into it when I was young, like eight years old or something. They said I had it. Then I started running at the age of nine and I was on a national level and I was like one of the top kids with 10 and under. And we thought it disappeared. Well, I was running and that's the only reason the energy part went away, right. So I kind struggled through high school and stuff, made my Bs and C's. It wasn't until I got to college actually, I had Auburn through one of the head guy named Mike Roberts who was head of the sports medicine. And he and I had a conversation one day. He was like, you know, don't outgrow that. So then sent me to the team psychologist. Then we went and got tested. Girl was dating at the time, and it turns out I still had it. We made the correction for it and I excelled. And the finance program is one of the graduate at the top of my class. And

Warwick Schiller ([00:20:06](#)):

Was it dietary corrections or did they put you on medication?

JP Dyal ([00:20:10](#)):

A medication. Okay.

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

Only reason I ask is every report card of mine. I was home a couple of years ago and mom dug out all my report cards. Every single one of them says I've got good grades. Not the best grades, but pretty darn good grades. But every one of 'em says Orwick could do so much better if he could just apply himself, I think was the phrase that came up a lot. But thinking back here, a year or so ago, actually it was during Covid. Funny story, during Covid, my wife, I had never realized we'd never spent that much time together. Our son, he'd graduated from college, come home and then he decided he was going to move to Hawaii. So Robin and I were in the house here together and he got a little ugly there for a while. And so we got an online marriage counselor and that was kind of ugly too.

([00:21:09](#)):

But we came out at the end of that better than ever. It was good to do the work, but at some point in time she said to me, have you ever been tested for a D D A D H D? I'm like, no, why? And she goes, well, you have some characteristics of that. And she wasn't reading my report cards. And so there was this therapist thinking I might have a bit of that plus all my report cards and really got thinking about it. And I've been seeing some people I don't think I have, but it can be similar to a lot of things. But I can really get that not been able to. I had really good grades and I could have had great grades if I could have just,

JP Dyal ([00:21:47](#)):

Yeah, I could see where she was coming up. I could see where she said that We have high IQs, we just got to control it.

Warwick Schiller ([00:21:58](#)):

You know what your IQ is.

JP Dyal ([00:22:00](#)):

The last time I did it was like 1 38.

Warwick Schiller ([00:22:02](#)):

38. Wow. What's the start of the gifted program? One 30. Is it

JP Dyal ([00:22:07](#)):

Something like that? 1 40, 1 40. Anyhow, I know I was on the higher side. I can't done it in years.

Warwick Schiller ([00:22:17](#)):

Every time I've done it, I think I'm one 40, I think one 40 and my wife's 1 39. And I'm like, that's the one thing in the world I can beat you at. Is that? But yeah, just interesting about that. So then you get all these degrees, sorry, go

JP Dyal ([00:22:36](#)):

Ahead. Yeah, to me it was an asset. I could outwork everywhere, thank everyone. To me it was an asset. I never looked at it as a disability. Had to learn to work with it.

Warwick Schiller ([00:22:48](#)):

So you get this degree and degree and degree and quite a few degrees. Then you move to Texas and you climb the corporate ladder,

JP Dyal ([00:22:57](#)):

Outworked everyone, fire in the bellies what we called it. It was in the mortgage industry that was very successful. Quite successful offices in California, one in Fort Worth, one in Dallas. Traveling life couldn't be better. Had my Jaguars, my Land rovers and sobs and big house on a golf course and the whole nine yards wife. Everything. Life was great until it wasn't. That was right in the middle of that mortgage crisis

Warwick Schiller ([00:23:35](#)):

You So then the mortgage crisis hit. And from what I've read in your bio you lost everything. But did you think that if the mortgage crisis hadn't have hit, you would've bottomed out anyway or you think you would've just been still in that rolling in the muck?

JP Dyal ([00:23:55](#)):

I hired a guy to be my vice president when he was there, and one of the reasons I hired him, he had a degree in organizational psychology and he's like, dude, you're going to burn out. You're going so hard because I don't stop and I kind of still don't, but it's different. And so actually he goes, I'm coming over tonight. And he arrange with my wife and shows us a bunch of groceries. He said, what are we going to do? We're cooking dinner. What do you mean? So because I wouldn't shut down at night, he got me to start cooking because my mind had to shift, had to change gears. And next minute my vacations became going to Culinary institutes vacations, going to the Viking Culinary Institutes, the Ritz Carltons. And that became, became my hobby. And I don't do anything. And it was wonderful and it was a great way to

relax and I could do one hell of a dinner party. I wouldn't be able to run a kitchen, but I could do a hell of a dinner party back then.

Warwick Schiller ([00:24:54](#)):

As Russell Brand says, we are all on the addiction scale somewhere. You just got a different addiction, didn't you?

JP Dyal ([00:25:02](#)):

Yep. Just a different one. Yeah, you're right.

Warwick Schiller ([00:25:07](#)):

So whole mortgage thing happened, the global financial crisis happened.

JP Dyal ([00:25:15](#)):

Yeah, that was pretty interesting. A couple of things I didn't share about you that I'll share today. So you can imagine I lost a ton of money and you're playing musical chairs there. And I basically was moving into the secondary markets senior job. So I'm right in the middle of this whole thing and my boss at the time had an inappropriate conversation with my wife. He found out about my A D H D too. And so I go to my senior managing director and I could tell he's already been to him and think, trigger stacking, think 13th Rabbit because that 13th rabbit is going to show up here in a second. And I remember one day I went in key card didn't work when I was pulling back into the garage, I get into my office, he walks in my office, I why is my key card not work?

([00:26:09](#)):

And he starts to tell me, you have to let me go. And he's not in there with hr. So I get up, put my brief guess if we're not having this conversation, not right now, we're not having this conversation. And I try to walk out of my office and he stands in front of me, puts his hands on each, on my biceps, stand in front and puts his hands on me. And I beat the living shit out of him. 13th Rabbit lost millions things aren't going with the wife. Total betrayal, everything blew. I think I got that 13th rabbit from you, but that's what it was. Everything blew up and I beat the crap out of him. Here I am. Then the marriage fell apart. Shortly thereafter, I lost the house. I would just sit there on that couch, wouldn't do anything when you look Brene Brown, which I ran into her back then I ran into her a little bit later in life.

([00:27:15](#)):

I beat myself up so much. I was in so much shame and I just kept punishing myself and punishing myself. And then the depression, and then there's right about that time shortly right before Everyth thing blew up, I'd gone out riding a couple times out at a ranch out in Frisco, Texas and met a guy named Bob Abbasi and Spur salary, which I helped him later get started. And he would get out, get me out riding, and then I ended up getting this big, big beautiful Mustang. Her name was Ego. She was barely trained, beautiful, big base, 16, one hands. I mean she was not a small one and she could be handled. She wasn't wild, straight off the range. But she had broken, they had sent her to a trainer, a real popular trainer in the area. I remember he was on the front of Texas monthly one time holding a calf. He broke his ankle, he couldn't ride her. And somehow I think I'm very intuitive, I started working with her. I bought her. She became my reason. Why is that reason why to get off that couch?

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

Is she one of the ones you told me the crazy story about?

JP Dyal ([00:28:31](#)):

No, that comes up a little bit later, but that right there is the most pivotal point probably in my life because when all this stuff is going on in me and what works talking about, we'll share in a minute here.

Warwick Schiller ([00:28:44](#)):

Yeah, can I just interrupt there for a minute? So JP sends me a message here, an email a while ago, and he says, I know this is a long email, whatever, but if you can just bear with me, the punchline's kind of worth it. So I start reading and believe it or not, I get at least I don't get one of those big ones a day, but I get a couple a week, someone says, I know I'm taking up a lot of time, but I want to tell you my story and it's this big long thing. And I read 'em all and sometimes I get to the bottom. I'm like, I really didn't. Okay. You could have said that in one sentence sort of thing. But I'm thinking, here's another one of these and I'm reading this thing and after I start into it, I'm like, oh shit, I can't wait to get to the punchline. This is awesome. So yeah, jps going to tell us those. It was two stories, wasn't it?

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

Yeah.

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

Well two different. We'll get to those in a minute. But yeah, let's talk about the ego.

JP Dyal ([00:29:37](#)):

Yeah, and what was interesting right there, and someone pointed this out not too long ago because someone be on the podcast, I was sharing my story with them, just feeling things out and she's like, it's pretty interesting that a horse that came into your life was named Ego. I don't know why that never crossed my mind because I had an ego. I came from the corporate world. Everything I touched was turned to gold. That's what I was called the will and child. And I was very successful. Every time I took over a division, it would go from like 31 million net to 148 million in a year or two. And so I had a hell of an ego, but I was nice. I wasn't like the arrogant type, but I wasn't invincible. And then here comes the ego saved my life.

Warwick Schiller ([00:30:21](#)):

So you didn't name the horse ego, it had the name. No,

JP Dyal ([00:30:23](#)):

I actually didn't. Yeah,

Warwick Schiller ([00:30:27](#)):

It's funny, the horse that really changed the thing for me was a horse named Sherlock. And if you think about Sherlock Holmes, he was curious.

JP Dyal ([00:30:35](#)):

That's great.

Warwick Schiller ([00:30:36](#)):

Sherlock made me curious about things that I wasn't currently curious about. But yeah, so a minute ago you said you had an ego. Everybody has an ego and see growing up, if you said someone had an ego, it meant you were saying they thought a lot of themselves, which is not necessarily what ego is, but if you really think about someone who acts, they think a lot of themselves, they actually think very little of themselves. In Australia, when I was a kid, they'd say the phrase was, oh, he's got tickets on himself. That means he thinks he's pretty good. And I used to think that people that thought they were pretty good, thought they were pretty good. Now I know it's just a lot of self-judgment and shame and all of that sort of stuff. Sorry to keep interrupting, but yeah, tell me where it goes

JP Dyal ([00:31:34](#)):

Through. No, I got her all worked with her. I don't know how, didn't know what I was doing. That horse should have killed me just getting into the horses and I get a Mustang and there's a reason she's named Ego. Right? Okay. I mean think about this. I mean there's a reason she's named Ego and I figured out I was training videos, ask people, but it was more intuition than anything came this wonderful horse. I rode her all over the world. I would ride her to the saddle shop when I was helping Bob and eight miles and Tire out front of the saddle shop. That was good for marketing. It was just wonderful experience to, it's like what started to change me. It started me down that path with horses that wouldn't necessarily have gone down. And at this point I really have nothing. And this is when it's leading up to about the time when with those two mares that I emailed you about, she was the most important thing to me and I went and eat to make sure she ate. I remember being in a saddle shop one day just to give you an idea how low it got. So I watched a fun girl give my dog Gus a taco, and I was jealous because I was so hungry, barely had any, didn't barely feed myself.

([00:33:05](#)):

I mean that's how low it got.

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

Well, you know what, the only way is up from there, isn't it?

JP Dyal ([00:33:13](#)):

Yeah. And that's what I tell these guys. Even in our program I said, you can't come anywhere but up from here. Tell me a lot about myself. And then there was a part of me that wondered, and I still to this day wondered. Things weren't handed to me growing up and I had to work things. My parents raised me really well, but I would watch these kids when I was running cross country and track and they'd come from the inner cities and I didn't come from a nice life, upper middle class.

([00:33:44](#)):

We were running for something different. They were running to try to get out of there and scholarship's nice. And I'm just competitive, not downplaying anything that I did, but I always wondered could I have made it without the way I was race? And so partly tearing, I noticed this when I started rebuilding my life. Did I tear it down just to rebuild to prove that I could do it again, but do it on my own accord the way I want to do it and do something that I love and it's not about the money. I love everything that I do. I'm very peace with myself. I don't regret anything and I love to change the lives of people and their horses and I stay that mission. Money follows the success. I stay to that mission. Everything grows and I've watched and part of me wonders during that time when I tore everything down, how much of that I was doing.

Warwick Schiller ([00:34:51](#)):

Yeah, doing that to start again, you kind of fall under that wounded healer archetype type and I think I've talked about it before I think in the podcast, whereas I think almost everybody in say the mental health game got into the mental health game because they had some issues going on. They got some help and they realized how powerful it can be when you reframe the stories about yourself and you heal that trauma or whatever and they're kind like, I want to give this gift to, I want to pay it forward. Did you ever see that movie? Pay it Forward.

JP Dyal ([00:35:34](#)):

Yeah, I sure it is movie,

Warwick Schiller ([00:35:36](#)):

Great movie. I want to pay it forward. I really think people, when you have that transformation yourself, you almost become a bit of a born again transformational. You want to help everybody experience that.

JP Dyal ([00:35:55](#)):

Yeah, I heard this one time, I don't remember where it was. There's a guy down in a hole that can't get out. It's too tall. People walk by, try to tell him how to get out and someone walks by and prays for him and very things and people keep walking by them. Finally one guy jumps in down there with him. He's like, when in the world are you doing now? We're both stuck here. How can you get out? The guy that jumped down there was like, I know the way out. Follow me.

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

So you got to jump in there with him first.

JP Dyal ([00:36:27](#)):

Yeah, going there, haven't had the experience. I know what they're going through.

Warwick Schiller ([00:36:34](#)):

And so ego was your start of that. So I mean where are you living at this point in time? You've lost I'm Texas.

JP Dyal ([00:36:41](#)):

Yeah, I'm surfing couches living in the back of a rundown trailer.

Warwick Schiller ([00:36:49](#)):

So let me ask you about that. What's that? I had an Australian fellow on here on the podcast a while ago named Jeff jt, and he was Australia's,

JP Dyal ([00:36:58](#)):

Oh, he's awesome.

Warwick Schiller ([00:36:59](#)):

He was Australia's leading fitness guru, had this multimillion dollar business and all the flashcards and everything. And then five years later he went from being a millionaire multi multimillionaire to five years later he was broke. Now he lives in an apartment with two dogs and he's never been happier.

JP Dyal ([00:37:16](#)):

Yeah, you realized, was it comfortable? No, but I was pursuing a dream that I never thought that earlier in life. I didn't know it would be a dream. I knew what I wanted to do and not growing up with horses and not being in that lifestyle and doing it later in life is not easy. People don't look at you the same way. I would go the horse rescues and say, Hey, can I train your horses just to look for horses to practice on? Because who's going to send a guy, a horse that train you? You never train horses, right? Saying like, Hey, let's make your horses, I'll help 'em make 'em more rideable, easier to adopt that and things like that. And then I was staying at one of those basically when that infamous night with the two mirrors in the round pen.

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

Well, why don't you tell us? I want to hear 'em from you. I've only read 'em off a page and I'm sure everybody's on the edge of their seat. Tell me about these two stories.

JP Dyal ([00:38:19](#)):

So I'd hit the bottom and it was Thanksgiving night and when it was clear cold nights in Texas, it was just beautiful out. And I had Thanksgiving over at Bob's place with his family. They were a great family from Iran and they were always there for me. When I got back fed all the horses for some reason maybe it was going to be a harvest moon that night I grabbed the bedding off of a hammock. It was actually my old bending off my that I had in a bag of her at the place and they had this round pen, 35, 40 foot round pen and they just put a round, big round bell of hay in there and the horse was just eating. They hadn't been able to handle 'em or anything.

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

Was there one or two horses in their

JP Dyal ([00:39:11](#)):

Pen? There's two, there are

Warwick Schiller ([00:39:13](#)):

Two's. Two. And these are not handled

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

Horses. No, never been handled. They had gotten 'em from the Bureau of Land Management, but they had not handled them. They hadn't touched them, halted 'em or anything like that. And so I took, I'm going laying there with them and watch this moon. I wasn't thinking of what was going on, but I'm contemplating life. Everything. I'm like enough's enough in my life and yeah, I've been beating myself up then tearing myself down. I walk into this round fin, these two mustangs snort at me and back up to the other end and round fin, they're like, who the hell are you?

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

Put the bedding down on top of the hay and I proceed to lay down. They keep their distance from me and I'm watching this moon and I'm watching this nice night and I'm just kind of playing life. I've got to get things better. I, I'm letting things go. This was the night that I finally let it all go. Everything that I'd been fighting with in my mind over the last few years, I led to this. I'm just breathing. I'm letting it go and I'm laying there. Then I fall asleep. I'm going to do that a few times during this story. Then I wake up a little while later and there's this big red row Mustang about 10 feet away from me and her head's kind of facing the same. I'm laying on my back and she's on my right side, her head towards kind up towards mine and she's eating, kind of breathing nickering, whatever. I swear she's pushing the hate towards me. She's pushing hate towards me almost like, Hey, do you want some? Do you want some? And I'm looking at her going, nah, can't be so, but like, but I kept thinking it's like she's pushing hate to me and she sits there after a little while she mossies off the other one's bug can stay keeping her distance. She wants no part of me yet.

[\(00:41:23\)](#):

I didn't go in there that night with an agenda. I'm going to do something with these horses. But so anyhow, a little while later I dozed off and then I wake back up that red road about 10 feet away from me is laying down. I'm the upright position and she's asleep. I'm looking at her, I'm like, what in the world is going on? I know something's going on, but I don't understand what's going on. Remember I'm new to this, this is back and explain it in the world, but I know it's incredible. I understand the situation but I don't, don't understand exactly why it's happening and those things. Then I sit there and I just watch for the longest time and it's just such a surreal moment. I could feel everything gone in my life. Just all the problems. Everything's just like just gone. This horse, this beautiful varona just sitting there laying down next to me.

[\(00:42:27\)](#):

I'm a mound lion, right to them. Here she is, just chilled out asleep, just look. And I thought that was so incredible. And then eventually later I heard her get up because I do off again. It's been kind of an emotional night and she moseyed off and I watched them and the other one was still standing over in the same spot. She had to move much at all in the buck skin and there and I would watch 'em just sit there and just watch 'em, watch everything about 'em and how they carried themselves. That red room was much more relaxed at this point and I dozed off again and I don't know how long I was out for it, probably one in the morning or so, and I wake up to the most odd feeling in the world, so I don't have a blanket over me.

[\(00:43:19\)](#):

I'm dressed really warm, big Carhartt jackets or the cheap versions of 'em and I have these big kenreck packed boots on. These things are heavy. This is like you could ride in below 20 degrees. I have these things on and I'm laying on my back and I get the weirdest feeling. It's like my right foot just fell. I look up, I wake up and I just look up and there's a bug skin. She's picking up with her mouth, my toe, and she's picking my boot up in the air and dropping it. I don't know how many times she did before I woke up and I know she woke me up doing it. She did about three times on the last morning. She kind squeezed a little bit more. I was like, I kind of flinched. And she kind of shot back a little bit, but not too bad.

[\(00:44:08\)](#):

And then she kind of starts to work her way back up and she sniffed the feet and I'm sitting there going, what in the world? I don't understand what I do now. I'm sitting watching this moment and this is the most incredible wild horse. People probably could feed her through the panels, but no one been touch her and work with her. Now she's over here making connection with me. But why? Yeah, you and I both

know now why. But as you said, I'm just like, this is an most surreal experience that's transformed in everything that I do and the way I train horses today with connection and everything. But eventually she kind of moes off and we doze off again. Then I wake back up a little while later and the red Rons laying down this time in the set position a little bit closer to me maybe facing me in upper reposition. And I look over to my left and there's a buckskin laying down, oh my God, what in the world is going on?

[\(00:45:26\)](#):

Eventually they both get up and I watch 'em and they kind of mosey off and they're grazing, but they're relaxed. And then eventually I get up because I'm going to go feed the horses and I go inside and I feed the horses and then I go and go back in and eat breakfast and I can't get this night out of my mind. I cannot get this experience out of my mind. I said, now I get the bright idea. I'm going to go work with these horses. And they'd had a pen, some panels set off like a little square pin right off in a gate, right off the round pin. And I separated 'em and I started with the red row, the buckskin. She moved into the pin pretty easy and just at first I started out, I was like, okay, do I want to start moving around the round pen?

[\(00:46:14\)](#):

But after seeing what I saw that night I did more of, I started to move him around actually, and I was like, wait a minute now. I saw something different last night that was different than the chasing a horse around in a round pen. It was something different. So I started looking for a approach and retreat and just walking in when I start to see a change in the horse move out, it took a little while, probably an hour and a half or so, I can't remember, but it took a little while. Before too long I had that first touch. She put her nose out, she touched my hand and it back and forth. Worked with that for a while and then before too long I got my hands. I able to pet the side of her face down her neck. After a while longer.

[\(00:47:03\)](#):

I'm standing on her shoulder, on her shoulder, I middle to pet her. She's not running off. When I was doing the approaching retreat, great. She didn't up stand still all the time she moved off. I didn't catch it every time. So please everyone understand that. I mean there were a lot of back and forth. It's like the Texas two steps, two step forward. There goes a step back. I'm not the best at this, I'm learning, but I, what's going on at this point? I know it's something that's incredible that's going on. And then eventually I put her back and I go inside and eat lunch or whatnot and I'm like, okay, I'm go work with the buck scan. And believe it or not, she was actually a little easier. She was supposed to be the harder the horses or that night she sure showed me she was the harder of the horses and actually was a little, I was able to text her a little sooner, which I was a little shocked.

[\(00:48:02\)](#):

It took her longer to come around that night to me. And I went in there and was able to get same thing, just using a pro treat and trying to draw her to me and walk for and treat. Or I'd walk off at an angle towards her hip and then I'm like, huh, I noticed things were, I noticed things were working, but I still didn't understand the wives necessarily. And it was just this wonderful surreal moment. But each time I touched those horses and especially that buck skin, I don't know why. It was just this part of me deep inside. I don't want to say I just felt the sadness into me. It was just all gone that day.

[\(00:48:50\)](#):

Then a little while later after I put her up, after I touched her and I went and fed the horses and there's still a little daylight left. It's getting evening. It gets dark in Texas this time of year, but there's still some time. So I went back in there with that red R, but I hung a halter on the edge of the round fin this time just in case it took a few minutes. I couldn't just walk up to her. You're not just going to go walk up to

him. So you kind of take a few steps back, you start working with him again and after a few minutes you're able to get my hands back on her. Then picked up, then I went and grabbed the halter and I come back and at first she's like, what's in your hands? So then I learned approach and retreating with that and it's petting her with it and it's petting with it both sides, working with her right side and her left side.

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

And eventually I started to put it around her nose, rubbing it, just rubbing it around her nose and putting it over her and dropped it on the side of her neck and then picked it up, put it around, and next minute I just tied the Holter around her and I just looked back and, oh, I just look back in awe of life, what in the world is going on? I know it is major, but it's not until few years later till I understand what I do now though that night I would love to slept with him again. But rain came in. So that time of year in Texas it was raining and it is like getting down into the thirties at night. I'm like, nah. So I didn't stay with him, but I sure wanted to be out there. I just wanted another night to see what the difference was going to be and got out there the next morning after I fed everyone. I didn't eat much for breakfast because all I wanted to do is get out there with these horses I did again and played around with the red Ro.

[\(00:51:04\)](#):

Yeah, played around with the red ro. So now this is a Saturday morning. Played around with her for a little while and then things aren't too wet, but I'm not moving 'em around. I'm still doing the portrait tree, kind of rubbing on 'em. Then I started working with that buck skin again and I, me and haled her, it was basically the same thing. I don't know, she was so much easier for whatever reason than the red room, but she was supposed to be the hard one. She was the one that was so off standish to me the first night until she started playing with my feet. And we get in there, I get in there and just rubbing all over her with the halter. This time I started with a halter and I was able to get her haltered up and it was just one of these experiences of just standing back in awe trying to understand, I know what's going on as major and know it has to do with connection.

[\(00:52:08\)](#):

I know there's relationship going. I'm not thinking the word vulnerable. I'm not thinking that the fact that I laid down out there and was showing that I was willing to be vulnerable, that they could be vulnerable. They're not going to lay down in a herd. The mound lion's going to eat 'em unless there's others with them. When I showed them I wasn't in a mountain lion. But I also wonder how much of it too was the fact that that night, that was my bottom was when I started to let everything go, coming back from above that night after dinner. And he has this wonderful family and I don't, it is like J enough's enough, enough's enough, you punished yourself enough. But part of me wondered how much that played into it because if I still withholding all that, I don't know if that experience would've been quite the same when I reflect back on it from what I understand now and I understand the energy of the horse and they feel everything in us like Ray Hunt say they can see right into your soul, right into your body. So I think there was parts of that that played a major role into it, but that's shaped so much of the way I train horses nowadays. And yes, I have fought with the standard old school ways of chasing horses around pens and old groundwork, and this is where you're supposed to do it. And I've fought and I've gone back and forth, but nowadays it's about creating that connection, about showing that you're vulnerable, that you have to be in the right space mentally yourself and love yourself in order for those horses to connect with you.

Warwick Schiller [\(00:54:04\)](#):

Yeah, I think talking about methods and different methods, chase 'em around until they face you with things like that.

[\(00:54:14\)](#):

Those things work for what the person's trying to get out of it for where they're at. You know what I mean? But what I've found with the connection stuff is once you get that connection first, and there's a lot to that, that's not just, oh, you just get connection. I dunno if you're into manifesting, but a lot of people seem to think that manifesting is you get what you want. But remember hearing a line of years ago by this motivational speaker guy and he was talking about manifesting. He said, you don't get what you want. You get who you are. And so you've got to become like the vessel or whatever. But those techniques you're talking about, they work well for the purpose of getting the horse to do what you want if you're not at the point in life where you can connect with 'em.

[\(00:55:17\)](#):

But what I found is, and you were drawn to techniques, I like this technique or someone like everybody's got a technique, but what I've found is when you get that connection stuff working, first anybody's technique will work because of the fact that even if it's a, maybe the technique can have some roughness to it, but when you go through the work to get the connection, you've gone through some work on yourself and you would use that same technique with a different energy anyway. The roughness of the technique would not be there. The underlying technique might be there, but the energy behind it and the reason you do things, how you do things, the way you perceive things, it's just completely different. And I always tell people the same technique with a different energy or a different outlook on it won't work. The same technique with a different energy or a different perception of things is not the same technique.

[\(00:56:27\)](#):

And that's the hard part is that unseen stuff, that inner energy, that inner lack of judgment, that vulnerability, all that sort of stuff is such a huge part of, well, what you did with those two mustangs is doing something that's really hard and it's easy. They think you've got a special skill with horses, but it's not a horse skill that you need. It's a interpersonal with your own self skill. And that's the hard thing to quantify you. I remember a few years ago at a horse expo in New Zealand, after I'd started working on myself a bit, quite a bit, this lady had this big warm blood dressage horse that she bought in. She was leading him around and he was spooking at things and pushing into her and running in circles around her and all sorts of things like that. And I said, we'll bring him over here and I'll take over. And when I took over the lead rope, he just slowed down, walked over, put his nose in my stomach and just kind of stood there. And I said, and I wasn't expecting it to happen. I thought I was actually going to have to do a little bit of something. And it almost surprised me a little bit. And I said to the crowd, okay, so let's talk about what just happened right then.

[\(00:57:48\)](#):

Everybody's noticed the difference between when she handed the horse to me, when I took the horse, I didn't do anything when I took the horse. It's not like, oh, he's got this Jedi mind trick. He does when you hand him a horse, he can Jedi mine the horse. I said, I didn't do anything right now, but I've been doing some stuff for two years. That sucks. It's not a whole lot of fun. But the things I've been doing away from horses is what made that happen right there. And at the time I said, I wish I could give this to you. I wish I could hand you a plate of this and say, here you go, but I can't give you that thing that just happened. You have to give that to yourself.

JP Dyal [\(00:58:30\)](#):

And I've been in this situation many times in my own clinics where I take a horse from somebody and as I take the horse, they start telling me, yeah, he does this or this, or I always have problems with this. I try

to let it go in one ear out the other, and the horse does real well for me. And then I hand 'em back their horse and they'll say, oh, you're so confident. Maybe said, nah. I said, what it is, one, I know how to speak to the horse in their language. Two, I'm not judging the horse. Stop judging. And now I've gotten better at saying, and there's something else you need to look inside yourself. I've covered the mic. Sometimes when I say that, nowadays I won't. But to the point where I was getting so frustrated a couple years back when I would send a horse would be doing great for me. And I understand a horse quite often, it's going to do for me than it is for his owner. When it goes home, man, I get that. But we go send a horse home and things would be going bad. And this horse was great. We rode him in all these different locations when in the world's going on and the person has so much anxiety in other parts of their life.

[\(00:59:42\)](#):

One of my dear clients shows up one day for a clinic. She moved out from her husband that morning, packs her bag. Where did she come? To my clinic. I love her to death actually. She ended up having to sell her horse. He's one of my horses now. He was a crazy horse, but he's one of my main horses that I used to teach with. But I was like, so you can imagine how that went that day. So it's like one of the things I started getting frustrated, sending the horses back into the situations. And one of the things I've been keep toying with and I keep talking to people about is equine assisted therapy. Learning more about that to help build my programs in my private business as well as here at the jail, just so I can help steer people. I'm not a psychologist, but just so I can start to help build a program better to help them with their horse realizing it's them and how to say it in a way because every single one of my clients, it seems like there's always something.

Warwick Schiller [\(01:00:48\)](#):

Everybody's got stuff.

JP Dyal [\(01:00:50\)](#):

Yeah. So Danny, the guy I was talking about earlier, when he gets out of jail, he comes to one of my clinics, he helps out and he comes out a lot on the weekends and just helps me with the horses. And after the clinic we all go to dinner and Max is as a young kid who horses saved his life, young 16 year old kid that I'm helping raise. He's like, I don't have kids, he's my kid. I love him, he's mine. So we're all sitting at dinner and Max and I are on our phones trying to catch up from the day and Danny leans across the table and puts his elbows on it and he goes, lemme see if I get this horse. Isn't the frog, the people are Max. And I look up at the exact same moment that, and that's the part that I'm trying to get people to realize You're not looking what is Beth?

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

Beth and standing

JP Dyal [\(01:01:44\)](#):

Thank you. She say, look at first look at yourself.

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

She calls 'em the four awareness channels. First awareness channel is what's going, number one, what's going on with me? Number two, what's going on with you? Number three, what's going on between the two of us? And then number four, what's going on in the environment? And most people are looking at

number two and number four, what my bloody horse is doing. And that lady over there waving that umbrella is the one that's causing it rather than what's going on with me and what's going on between the two of us.

JP Dyal ([01:02:23](#)):

And so that's very important to understand One and three are the most important parts,

Warwick Schiller ([01:02:30](#)):

Right? Yeah. And

JP Dyal ([01:02:33](#)):

And how to communicate to that horse.

Warwick Schiller ([01:02:35](#)):

But when Danny said, I just want to clarify something, not clarify something, but you said Danny land across the town said, so the horse is not the problem. The people are, the people aren't the problem either. It's what's happened to the people that's led them to show up in the world the way they're showing up. That's the problem. This is like Brene Brown stuff. The difference between guilt and shame is shame is I am stupid. Guilt is I did something stupid. The people aren't the problem. The horse is definitely not the problem, but the people are not the problem. The baggage the people are carrying around is causing the horse to be a certain way. And if we can shed the back, I just wanted to point that out because I don't want people to think that we're saying you are the problem because you the person are perfect the way you are made. You are just got some shit you're carrying around with you that's causing these things to happen. It would be very easy for someone listening to this, you go, yeah, because the story you tell yourself, they'd be very easy for people to listen to this and go, yeah, I'm the problem. It's me. I am a problem. No, you are not the problem. You are carrying some stuff from, you're carrying some scars from the journey of life that are reflected back to you in your horse's behavior.

JP Dyal ([01:04:02](#)):

And like Brene Brown says, you can't numb it. That saying of leave it outside the round pin, that doesn't work. You numb, you numb one thing, everything, you numb everything. You're not going to be able to achieve that mental state. If you're trying to numb whatever's going on in your life, you're not going to get to that high that you could have because every emotion's going to go down. Joy's going to go down.

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

You can't selectively. Bernard Brown says you can't selectively suppress emotions. You suppress the lower ones. You automatically suppress the high ones.

JP Dyal ([01:04:40](#)):

Yeah. So the tide goes down, all the boats go down,

Warwick Schiller ([01:04:45](#)):

Put that way before. But I haven't had too many fishermen on the podcast before. So

JP Dyal ([01:04:50](#)):

Yeah, in my old days.

Warwick Schiller ([01:04:52](#)):

In the old days. So was there two horses in that one story or did you tell me two stories when you

JP Dyal ([01:05:00](#)):

Emailed? Yeah, I two stories. So it was a few. Yeah. Okay. So a few years later, and keep in mind I've done this when I did the Mustang makeovers, I used to compete. Every one of my horses I competed with I would sleep with for a while. But the next time I did it had been a few years before I did my first mustang makeover in Arizona and I had moved out to Arizona to work at a dude ranch. It was another time in my life of a trainer. Everything's falling apart. I wanted to give up, I wanted to go back into the corporate world. I was crashing with. I was working for a trainer named Kurt Moore as his assistant in mounted shooting was great guy. And I was staying with him and his wife and another relationship had fallen apart. And I was like, I've done, my parents basically have disowned me.

([01:05:46](#)):

They don't understand what I'm doing. They think I'm nuts. You have all these degrees. What in the world are you doing? And I'm like, okay, fine. I'm going back to the corporate world and I starts to make plans, go back to the corporate world. And then they sat me down one day and said, we want you to think about something. And his mom managed a gas ranch out in Tucson and he said, I talked to my mom position out there for you to working in the office and reservation. We think you should go out there for at least a season and just decompress, just breathe before you make a decision. And them sitting down and telling me, that was one of the best things that ever happened to me because here, and I don't want to go back in the corporate world, but I forgot it's the only way I'm going to have a relationship, keep a girl or thinking the money is where the happiness is, but I know it's not and I don't want to do it. So I sold everything I had. I even sold her to a lady down the street, the house. She has a wonderful life there and they get along great, see me every once in a while when I'm in town and I keep one horse, my shooting horse, and I sold everything I had. You know what that feels like. Get rid of everything you own that could fit into your truck. And I head off to Arizona, you

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

Basically became a monk. Monks announce all worldly possessions when they go into the monastery.

JP Dyal ([01:07:13](#)):

It was an extremely scary experience, but afterwards, oh my God, it felt so good. But doing it, you're like, oh my gosh. But this felt so good. I got rid of everything. I go out to this dude ranch and I've been out there for a while and meet a gentleman and this great guy named Ian Singer, he was friends of the family and he's always over there at dinner and we start talking about mustangs and he's trying to do something with Mustangs and next minute he knows I want to compete in the Mustang makeover. That's been one of my dreams. And so family and I, we all talk and they allow me to do the mustang makeover in Arizona and I keep the horse there at the ranch. So we go and pick up the horse. Now we get to the fun part of the story.

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

We go to go pick up the horse that morning, Florence, Arizona and bring 'em back and drop 'em into the round pin. The round pins were right in the front of the ranch where everyone was going on their rides and that it is in center station, so it's kind of visible and get everything settled in. And then I work that

night. I get off 11 something at night and then I've changed things up. Now I got myself a little twin air mattress, a sleeping bag. It was January. So it does get cold out there. And I go climbing the round thing with a horse and I'm like, I want to do this again. And such a cool experience. I put some alfalfa kind of close to where I was laying down and he kept his distance from me. At first I laid down and I remember he would come over and try to eat a little bit of it, then he'd shoot away.

[\(01:09:06\)](#):

It was this cute little bag about 14 one hands. And he'd come over, take a bite and go away. And then eventually he'd stay closer and I would just sit there and watch him and watch him. And then I remember one of the concerns I had, the way this round pin was built, it was built in the wash and there was this one part of it, the bottom rails weren't real low. There was this one part of it, that bottom rail that a round pin. I was like, dude, how much? Where this horse starts rolling around, it's going to roll out. It'd come up on the other side inadvertently. And I'm like, oh boy. So I remember at some point I had fallen asleep and I wake up and I look over to my left, where is he? I look over to my right. I'm like, oh god, where's the horse?

[\(01:09:50\)](#):

I'm literally, I have that feeling something in my stomach and I hear something and I look straight up and he's standing behind me with his feet. Had to have just been inches from the top of my mattress and my pillow. And he is looking straight down at me. I'm like, oh my. I'm looking at him kind of flinch. You're like, Hey buddy, how are you doing? And he's just sitting there watching me and he sits there for a while and we just look at each other, calm, peaceful, sits there and we just look at each other and it felt like forever, it probably just a couple minutes, but it felt like forever. And then he slowly move off to my right and slowly move away and he'd look back at me and he would hesitate. I look at him in the eyes and eyes would meet and he'd kind of walk off.

[\(01:10:44\)](#):

Eventually he wanders off, does this little thing just walking around and stands in the other side of the around pen. And eventually I fall back asleep. Then I wake up and he's laying down, not as close as the marriage that night, but he's laying down. And I was like, well that is so cool. I'm understanding a little bit more what's going on. But then I remember I wake up when the times and look and see where he is and he's asleep standing up over there. And the dew would sit in there probably like four in the morning or something like that. Three something in the morning. I remember pulling my sleeping back up over my head and I creating a hole and I lay on my right shoulder and creating a holes for me to breathe at, right? I got to sleep back over my hole and I could hear him and every once in a while I could see him walk by in the ambient light from the other cabins.

[\(01:11:40\)](#):

And then at some point I fell asleep again. And I wake up and it's total darkness and I wake up to the weirdest sensation that it did not expect. This is nose is inside that hole. If I would've had my glasses on, they would've fogged right up. He is right there just interested from my face and somehow I didn't flinch. Somehow I just stayed almost like a V recognizing it. And I froze out with my nose. Meant later he froze out. I breezed out again. I'm like, my God, he did that for a few. You're

Warwick Schiller [\(01:12:20\)](#):

Having tantric sex with a horse.

JP Dyal [\(01:12:26\)](#):

Old cowboys used to say that's how horse shakes hands. And he wanders off eventually. And that was about the extent of the events that night. And so I go and eat breakfast cleaned up and everyone knew I was going to start working with him about 9:00 AM and there were a few people at the ramp and when I got there, he was laying down and I sent you this picture and he's laying down. Eventually I walk in there and I stand next to him. He's still laying down, still looking at me. He lets me lay down alongside him and I lay down there alongside for a little while. Then I just put my hand up and he put his head down and I just touched him on the forehead. And that was our first touch to me. To this day, that's probably the most magical first touch I've ever had on a horse

Warwick Schiller ([01:13:21](#)):

Lying down beside him. That's a pretty magical first touch.

JP Dyal ([01:13:24](#)):

And I rode him the next day. I am a real soft trainer and it's very uncommon for me when I was doing a Mustang makeovers or any of my mustangs and not ride 'em within the first 2, 3, 4 days. But I'd do the same approaches and it's really soft, not hard on 'em at all. It's very willing. Run the next day and then started him on, I remember I started him on gunfire day 19 out of the wild.

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

So you guys who might be from different parts of the world, they have a sport here in America called mounted shooting where you ride a horse through a bit of an obstacle course, balloons attached to it, and you shoot the balloons with a pistol that has loaded with black powder like blanks. So that's what the gunfire thing is.

JP Dyal ([01:14:21](#)):

Yeah. So because I want to use the guns in my freestyle act at the makeover, I think we, we started, he took it really well. I mean just textbook. And I learned very well. Kurt Moore is an incredible amount of shooting horse trainer and he taught me very well. I mean, I knew how to start a horse on gunfire correctly, and I trained him to release off the gunfire. I don't desensitize the horse to it. I teach him the release on it. And I was eight 19 and then coming up was the Winter National Championships in Phoenix at Queen Creek. So I bring him along with my shooting horse, I mean a lot of downtime. And I'm going to work with on not downtime. I'm going to work with this Mustang. And we get there and I had new, so she was put on time, time early in the week.

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

We got up there on Wednesday first, we're starting to compete on Thursday, something. He's not right with my horse. He doesn't feel right. It feels like he's off. I go into the first stage and it's obvious he's off and he's lame. Something's not right. It turns out it was a bad shoe job, but afterwards, everyone's around my stalling their offer and Hey, I have a backup horse or you can share my horse with me. And everyone was so nice in that sport and everyone was offering me, I can go get a horse over at my place for you. I have a couple back at the ranch. I look up by chance and I'm like, that's what I named the Mustang chance. I look up at him and I said, nah, I got one. And later that morning, day 32 out of the wild, I walked on him into the arena covered arena in Queen Creek and we took our first course. We shot five more stages on a horse only, just slightly more than a month. Otherwise we didn't win our class by any means, but I think we beat 92 horses or something. I have to go back and figure it out, but here I

am. And people started watching and one girl I started dating Katie at the time, wonderful trainer over in Phoenix. She was just miserable. She and all these other people were just walking around.

[\(01:16:49\)](#):

It's like an entourage. Like, okay, this is crazy. And then more and more people would hear about it. You'd look up and I'd be running a stage and it's like 20 people falling the horse over that just can't be happening. And by the end we're just loping around. We don't have any flying lead changes. Just break down red part. Shoot. It was the coolest thing. So much connection I think has made that these horses allow me to do things like this amount of trust because so not only was they allowed me to do gunfire very shortly thereafter that back at the ranch, one of the things I used to do in Texas is teach a horse to weed blindfolded, so can get him out of a barn in a fire. And I was like, oh yeah, I forgot to do this with you today. But he was still tacked up.

[\(01:17:39\)](#):

So ire, grab my blindfold. It's just a fly mask with a, I take a wild rag and I put it inside the fly mask silk and double the liver. You can't see a dang thing. Put it on the horse and I start leading 'em around. It's always fun to do. You lead 'em around. Then after a while you lead to another part of the ranch, you take the blindfold off and they're looking around, how the hell did I get over here? It's funny, like it is so funny. So I'm leading around and I'm back in the arena and I'm standing here looking at 'em like I bet I could ride. Just like when you're starting a quilt, a couple sta mats, get on one side, get off, get on the other side, get off. And I'd start, you're cool. Just do that for a minute. I ask him to walk off, walks off and just kind of have to find his feet. He's blind, but we start going along before too long. We're trotting probably 20, 30 minutes later.

[\(01:18:42\)](#):

They're not pretty circles, but we're loping around the arena. Blindfolded horse was totally blindfolded actually it became our act at the Mustang makeover at the finals. My rifle jammed unfortunately. But I had him blindfolded running around the arena, shooting targets, shooting balloons. Yeah, it was a coolest thing I have. I'm sure I could find videos for you and I would do that. And before that, we'd always have a rodeo at the ranch on Wednesdays to show all the people at the dude ranch what rodeos are like. And most of 'em were from overseas. And I would be out there on him getting ready and I'd be out there shooting a pattern on a totally blindfolded horse. We're like a hundred days. We're talking about less than a hundred days of training and this horse would, but it was just, the difference is the amount of connection you have to build by doing that fight with that horse. I'm never asking a horse a question I don't already know the answer to or two, that's not my style. It's not like I wonder if it's going to work. I already knew it. That horse and just the relationship. I think Lefty moves left the blindfold, took away the squirrels too. He actually became lighter. The ride listened to my seat even better.

Speaker 1 ([01:20:08](#)):

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Warwick Schiller ([01:20:28](#)):

Those two stories that you told me in the email were crazy. You said something in the middle of that that made me think of something. So we were talking before about the energy you bring to your interaction with the horse, the energy you bring, the judgments, the yada, yada, yada, all that stuff that

you bring along is a huge part of it. And I had someone recently, and I get this every once in a while, someone recently on social media commented on something I was doing with a horse and said, well, I was always, my trainer says, don't look 'em in the eye. He looks at their feet. They don't like it when you look 'em in the eye. And I was thinking, I look him in the eye all the time. Then I realized, yes, but I look him in the eye and see them.

[\(01:21:17\)](#):

I don't look him in the eye and have my judgments and my expectations and all that stuff in that gaze and like shit. They were saying, my trainer, he says, don't look at 'em because it makes 'em weird. You got to look at their feet. And I think what's gone on there is when he's looking at 'em, he's looking at them with a lot of attachments to certain outcomes and maybe some past history and maybe some fears. There's a lot of stuff in his gaze that it's got nothing to do with looking in the horse's eye. It's got to do with what you are thinking and feeling and how you're acting in your intentions while you're looking in their eye, I think. You know what I mean?

JP Dyal [\(01:22:07\)](#):

Yes. You couldn't have said that better. I mean, it's so true. I mean they're just looking. The horse can see their agenda and it's not to be soft and connect and it's like, okay, I want you to do this or it's, it's judgmental or Yeah, I see. Because I look every force in the

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

Eye. I do too. And like they say, I is the window to the soul and you can just sit there and kind of look into their soul and they can look into yours, but you've got to be open when you do it.

JP Dyal [\(01:22:38\)](#):

That person, whoever told her that does not want the horse to look into their soul,

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

Right? Yeah, pretty much. And hey, no judgment, I've been there. I didn't ever tell people that look in their eye, but I've definitely had the wall up. I'm, I'm not going to show you me. And so consequently, they're not going to show them their true selves to you. Anyway. That's crazy. You know what? I was just thinking, I can't wait for you to answer some of these questions. So we might get started on your questions here. And the first one that you chose, what have you changed in the past five years and how has it helped you?

JP Dyal [\(01:23:16\)](#):

It'd be the program here at the Rear Consumers Correction Center for the Sacramento Sheriff Office. I'll have to tell you a quick story of how I ended up here. It plays into it a little bit, but it changed my way of looking at things. It showed me how much I love teaching and judgment and what my goals are, my life. I got to back up a second so you understand how I got here. Training horses down extra California things aren't going well. Again, another busted relationship. The girl and things aren't necessarily going great with the ranch. I have a horse doing for the American Mustang Training Challenge, and we just went to California Wild Horse Challenge, I believe, or no, we hadn't done that yet, but we're getting ready to, and I am just, I learned to fall, give back up, fall five times, give back up six, follow six signs, get back up seven.

[\(01:24:26\)](#):

I don't even dust myself off. I'm just like, here we go again. But I kind of had it. I'm standing in front of the barn on July 3rd, about one 30 in the afternoon on a sunny day, and I have a come to Jesus meeting with him himself, and I'm not talking about him talking to me and I just lost it. And I'm standing in front of this barn cussing at the guy yelling, you, son of a bitch F you. What the hell do you want? I've had two friends along this journey freaking die. And I held a hand of one of my Ian. Then one guy I was talking about, hell is his hand when he took his last breath. And he and I are on this Mustang journey trying to build a program. The next person after that, down in portal, Arizona, we're trying to move the program down there.

[\(01:25:09\)](#):

He dies three months with cancer, it dies like that. I'm like, what in the world? I mean, all these blessed relationships, and I'm just yelling at the sky. I look like some tweaker guy. If you would've pulled in and saw this going on, you'd have been, what in the hell is he on? And I've just lost it. Just lost it. And I was like, I'm done. And I'm like, I'm not giving up. What else do you got? What else are you going to throw at me? I'm trying to save your horses. What else do you want?

[\(01:25:41\)](#):

Basically I did a Cortez theory on, I burned the boat. I ain't going back. Then on July 4th on a holiday, I got the phone call for this program. I had never heard of the program before. I, that'll wake you up. I'm where I should be. And this has changed my life in the way I look at people and I have a great crew when they come out. I don't even ask him what they're in for. They tell on the other deputies, he has a little interview thing he does with them. I don't care. That's the bunkhouse. You're just working out here with me.

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

I learned not to judge people just because of the mistakes in their life. These guys are great guys. I just made bad decisions based on the traumas of their life that led them to where they are. And it's just so surreal to watch the change in them moment by moment, day by day as they become vulnerable. And I see it in my private clientele, but you see it so much more out here. Even they let things go and they learn to make connection with that horse. You watch their language change first or their body language, just the way they're carrying themselves, just walking around the ranch from the first day they're out there. And some of the deputies will be like, I don't know if he's going to make it, give it time. And it usually takes about three weeks, sometimes a little sooner, sometimes a little longer.

[\(01:27:26\)](#):

You start to see this change in the men and then you start to, I could tell what's going on when they're working with their horses and they're, they're going to let their guard down and realize, make that connection. They have to learn to be vulnerable. And they don't like to say that. They're like, no, we're just learning to be patient. I'm like, no, you're not. Because I have the conversations with them and they'll all tell you. I mean, I get to watch it. I've watched grown men crying, doing a first touch on a horse. It is absolutely, yeah, amazing. Like I said earlier, you get two lost souls sitting there in that round pen. They have got to learn to work together to save each other.

[\(01:28:15\)](#):

It is such a surreal experience to witness the guy. He knows why he's there. I mean, he does know what he did, but he's looking at his life. How did I end up here? What did I do wrong in my life? And I'll catch the guys having those conversations with themselves and I can see them contemplating life. We're talking to Alex one day. I'm like, what's up buddy? And he's sitting under a tree on a horse. He goes, I don't understand how I got here. He's like, I know what I did, but I don't understand really how I got

here in life. And there's many reasons. They're all, I think trauma's a root of it. But the neatest thing is when they get out, I'm always one of the first phone calls and they'll call me and say, Hey, hey, I need to come see the horses.

[\(01:29:07\)](#):

They don't say I want to. They say, I need to come see the horses and I'll take 'em out to my ranch. Israel need Danny. I talked about him a lot today it seems like. But I took him out after he'd been out 30 days. I took him out to my ranch. We could then be around each other. And I had the horse that he first started, the first time he did the first touch because before me, they did him with drag ropes, put a Holter in the lead rope and then drag line, whatever. So

Warwick Schiller [\(01:29:45\)](#):

What JP Iss talking about there is they put a Holter on the horse with a rope that drags on the ground. And so the horse walks around and steps on the lead rope and pulls its head. And so you can catch 'em and they think it teaches them to be caught. But anyway,

JP Dyal [\(01:29:58\)](#):

Yeah, no, yeah, it's the very first day I took over the program. I actually ran 'em all through the chute and I cut 'em all off. You should have seen their faces. What are you doing? I'll show you another way. And I remember Danny coming out there that day. He walks in and said, here, go catch that bay over there. And I said, do it just like you used to catch Lobo. He goes out there and he walks up the horse and this little approaching tree and he steps, he gets about three feet from the horse and he looks down and he bends down. He looks at a horse and he's like, Lobo, I hear him say it. Then he looks over at me, he's like, is this Lobo? I'm like, yeah, it's Lobo. Lobo was over my place versus more continuing training. It was such a neat experience.

[\(01:30:39\)](#):

And then I got to do it again with another guy named John. He recently got out. He's a really big guy. He lost like 90 something pounds working at the ranch, but he was a bigger guy. So I didn't even have any horses. He could ride. Every once in a while I'd bring a persuant cross out so he could ride a horse. And he was like 300 pounds. And so we had ended up with this yearling and I let him get that. So he did all the groundwork and stuff, but we never rode the yearling and adopted that when it was about two years old. And the owner brought him over to me when he was three to start. And the horse was so easy to start. It was just, John done such a great job with all the groundwork and the connection and the relationships and the Air force had so much trust and mutual respect for people. And since as he got out and the captain them, they actually let me bring him out immediately and have this great picture of the two of them spending the day with each other, walking around the ranch. And it is just so neat to see. So that was a big change in my life. It taught me how much I love teaching people and how much I love changing the lives of people and horses because every day I, I'm their teacher.

[\(01:31:57\)](#):

I am more like their mentor because we talk a lot about life and things too, and it's taught me a lot about myself and what my passions are teaching people. And then the other thing I did is I abandoned all the, okay, we're supposed to train a horse this way. And some of the methods we were talking about earlier, I said, no, I'm doing it my way. And a lot of it's based on that first night with those two mustangs in that round pin based on that connection, based on that feeling, that relationship. And I remember when I did that, we were doing a little different at the jail when I first took over these guys, it was said,

oh, these guys aren't smart enough to do this kind of stuff and that, oh yeah, they are. They're just like you and I. They just have different traumas, different addictions.

[\(01:32:51\)](#):

These guys are wonderful. And I walked in one day and I told 'em, Hey, sorry guys, I failed you. They're looking at me like, what? I told 'em the story, the Mustangs. They're like, well, how are we going to do that? I said, well, we're going to do a little different. You can't stay out here at night because we're not going to be able to do that part. But I said, okay, I want you guys to go down in a chair before you work with your horse. I just want you to watch that horse. I want you to sit down there in that chair and I want you to sit there until not only do you feel your horse is ready to be worked with, but you are ready to be worked with.

[\(01:33:36\)](#):

And I told 'em, you know what? And if you had a bad night in the dorm or something's really eating you alive and just your wife's filing for divorce or you didn't have a good phone call with home or whatever, something's bothering you and you're just not in that right frame of mind, sit there. I don't want you to do anything. Just sit there and relax. The horse is going to fill every bit of that. If you do just sit there and relax. And the guys remember after that first day, then they'll work with their horse and we go through our groundwork or if the horse is under saddle and that's how they're speaking to the horse and they're working on their communication and whatnot, then at the end, grab that chair out again. Sit down for a minute, write in your journal. Now I tell 'em, write in your journal about anything you want. I don't care. Then we also have a journal. We will write what they did. They'll write what they did with the horse that day. Like the

Warwick Schiller [\(01:34:38\)](#):

Horse journal today, this horse did this and we did

JP Dyal [\(01:34:41\)](#):

This. Yeah. And then it's funny, the experiences I started having when the horses started coming up and nudging Jose on the outback when he was trying to write, she keeps nudging him. And then one the other horses, other horses was that he could have a roper. Every time when I say rope, we're not tying 'em down to the ground doing anything like this. Just lightly rope 'em open and close your hand, just light pressure. He didn't have to do that. And then Jose was telling me that he was just so tired later in the day, he goes, I remember what you told me, just to sit there one where it was just kind of hard to do his feet that day. He got him done, but he was just kind of heavy. I was just tired and was kind of beat, wasn't really in a good mind. So I just went in there and I just laid down the round pan. I said, you laid down. I said, I just laid down summer, it's kind of hot day. Then he goes, suddenly I had my eyes closed just laying there. And then I fricking got startled and they scared me to death at first. I'm like, what? She laid down next to me.

[\(01:35:59\)](#):

It was so neat to watch these guys having these experiences. The particular ones that were doing it at that time, we had some handling on them, had been haltered and whatnot. And the guys will do that same thing with the wild horses that haven't been haltered yet that they're trying to get this first touches on. And I think being out there all night with those horses definitely made things a little easier as far as timeframes for me. But every day they go out there, they first start just relaxed in the round fin. And I tell 'em, if you're not in the right frame of mind, don't pick up that lead rope. The horse is going to feel it

Warwick Schiller ([01:36:45](#)):

Beth and Sandik, number one, what's going on with me?

JP Dyal ([01:36:49](#)):

Yeah,

Warwick Schiller ([01:36:51](#)):

That's awesome. So you've probably answered this question in part of that, but your next question you chose was what do you feel your true purpose is?

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

Yeah, I did kind of answer that. Yeah. I really do feel my true purpose is to helping people change their lives and their horses because it transcends when they change their life and that relationship with their horse. It transcends everything in their life, the relationship with their spouse, the relationship with others, how they look at things. They become softer. Now I know I am. I'm not the same person I used to be like many people. I would have my moments where I would explode and not being able to deal with the trigger stacking. And so I think it gives us a force in that relationship and helping them understand to let things go, helps build us to a better person for ourselves. It helps us love ourselves. Again, you have to love yourself first.

([01:37:56](#)):

And I've gone through it and I went through a real bad breakup last year and I had to fall back in love with myself. I get it. And I want to do that and that's my mission and I stay with that. I just don't want to train a horse and hand it back to somebody. I want this people to be working with me. And then I get to see that same change even in my private clientele out of my ranch. I get to see that same change in them every day. They're working with their horse and it's so beautiful to watch, to look over and watch a lady put her hand around a horse and it's just crying or she just made a connection. She got the horse and there was something else going on in their life. And I know everything that's going on in my client's life. They tell me everything. Sometimes I'm wondering, am I a psychologist?

Warwick Schiller ([01:38:47](#)):

So next question, and funny enough, I recorded another podcast this morning and it was the first podcast out of, I think I've done 80 something. This was the first time this question had been chosen was this morning. And then this afternoon you've chosen the same question. But when she was, you emailed me the questions, I sent the 20 questions out and you chose the ones and sent back. But the person I interviewed this morning, she forgot to send 'em back. So she read them out to me on here before I press record on the podcast. And when she read this one, I'm like, that's not one of my questions. She goes, yes it is. I'm like, I don't recognize that one. I don't remember that one because no one's ever asked it. But the question is, do you have any regrets you'd be willing to share?

JP Dyal ([01:39:39](#)):

No. And I asked you to ask this question for this reason, I do not have one single regret. This is important. If I would've made a decision differently in my life to get to where I am now, I would not be the first I am. I might physically look the same, but I wouldn't know the person. I've constantly gone back and looked at my life and examined it and said, well, if I didn't hit that guy, if I didn't punish myself, if I would've done this different. And there's not a single thing in my past that I regret whether it's good or

bad. And that's what people need to understand. And that's when I teach the gentlemen out here, don't regret anything. Yeah. So you got locked up. Yeah, I punched a guy. I did community service for that. Luckily I got lucky I didn't get locked up is the don't regret anything.

[\(01:40:41\)](#):

It's who you are. We're a culmination of our experiences. I'm not saying own up to it. I'm saying look for the positive. It's what we do with the failure. It's how we afterwards that's so important. Look for the positive and look for the growth in it. It made me who I am today and I don't regret a single thing. And I want people to understand that admit us who you are, whether that trauma, whether it's something inflicted upon us and I've had my fair shares of that, I don't regret it. It would've been nice maybe not to have gone through it, but I wouldn't know that person anymore. And then, go ahead. Sorry.

Warwick Schiller [\(01:41:23\)](#):

I was just going to say that one of the questions you didn't choose, but you've kind of turned this one into that one, is what has been your biggest failure and how has it helped you? And that question kind of basically says what you're saying right now. Failures are what helps. You don't get to this point without those failures. And I think when you have your first big life failures at the time you think they're failures, and 10 years later you look back and you go, if that hadn't happened, I wouldn't be where I'm at right now. And so you learn to embrace whatever it is, but you embrace what appears to be a failure with almost excitement about what it's going to bring you. At least a curiosity, not necessarily excitement at the time. It's hard to be excited about it, but being curious about, okay, there's a lesson in this that's going to become apparent to me at some point in time.

[\(01:42:19\)](#):

It's not apparent right now, and it seems like this is the shittiest thing that could happen, but because it's happened anyway, and if you look at it like, I want go back, I don't want to go back. I want to unhappen that. You can't unhappen it anyway. And so now you're just negatively affecting how you're going to show up in life going forward from here. You've almost got to go, okay, we were driving along the road and we took a turn here. Where's this road taking me? Instead of like, I want to back paddle up, I want to paddle upstream or whatever. But it's almost the, I love the way you framed that was I don't have any regrets because have you ever heard of a guy named Peter Cron?

JP Dyal [\(01:43:01\)](#):

Yes. For why

Warwick Schiller [\(01:43:03\)](#):

He calls himself, they call him the mind architect, but he's a motivational guy. I see him pop up on little Instagram stories a lot, but he's like, everything's happening. The way it's meant to happen right now is exactly where you are supposed to be, wherever that is, whether it's rock bottom or top of the pile, that's where you're supposed to be right now. And it might not stay there forever. There's a great story in, I think it's in one of Eckhart Toll's books like the Pair of Now one of those. But he's talking, it's a parable about this man. And I dunno, I've heard two different versions of it. One's like, it's like in olden times, and this guy, his horse runs away and everybody, oh, are you sad?

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

Something about Aren't you sad that your horse ran away? And he said, no, not really. And then the horse comes back, but it's got two other horses following it and said, oh, aren't you glad you've got two new horses? And it's, oh, not really. And then one of the new horses, his son gets on it and rides it, but it

breaks his son's leg. And Aren't you sad about that? Not really. And then the next day the army comes through and they're getting conscripts to go to war and they're like, oh, you're so lucky your son broke his leg because now he can't go to war and everything. Everything was good, bad, good, bad, good, bad. But his reply was that it was neither good or bad, it just was. And everything that happened that was bad turned into something good, which then turned into something bad, which turned into something good. And that's life. You can't get all wrapped up in the fact that whatever happened happened.

JP Dyal ([01:44:52](#)):

No, you can't dwell on it. I did for too long. And I realize,

Warwick Schiller ([01:44:56](#)):

Oh, we all do till you learn not to.

JP Dyal ([01:44:59](#)):

Yeah, it's not worth it. Then you look at regret listening to this the other day, and they did this, they did a study, hospital study, a couple hundred people, I believe, on their deathbed closer to their last breath in the final days for them to reflect on their life. Most of them when they were reflecting, they were talking about the regrets, the regrets of not doing something. They were talking about the, so you can look at regret in what's happened to us or what we haven't done. We regret some things that we haven't done and people need to understand, live your life without regret, go after your dreams. All those failures I had, I can say I tried and I've been successful because I keep at it and I don't dwell on the fact that there was a failure and I want to live my life to where at the end I don't have anything to regret.

Warwick Schiller ([01:46:13](#)):

Boom, boom. Did the hi hat thing. We've been talking for an hour and 45 minutes. I think that's a very, very, very good place to finish up there and let people sit with that. So jp, how can people find out more about you, contact you, where are you?

JP Dyal ([01:46:30](#)):

Some stuff have a website. JP Dial horsemanship. They can find me on Facebook. It's JP Doll Horsemanship, heart of the Horse. And actually last night I started a group page, JP Doll Horsemanship, heart of the Horse. And then far as for our program here at the jail, we do adopt horses out a few times a year. R three C Mustangs is a Facebook run by a group of volunteers. The Bureau of Land Management has a website for us. You can Google the R three C or the Consumers Correction Center or Bureau Land Management California page. You'll be able to find the horses on there when we have adoptions. Wonderful program. We're always looking for support and any old tech people have or anything they can help us with. But yeah, that's how you guys can find me.

Warwick Schiller ([01:47:32](#)):

Perfect. Well thank you so much for joining me. It's been a hell of a conversation. That was a whole lot of fun. Thank you so

JP Dyal ([01:47:38](#)):

Much. That was, it really was.

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

Warwick Schiller ([01:47:41](#)):

Okay, you guys at home, thanks for listening and we'll catch you on the next episode of The Journey On Podcast.

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

Podcast.

Speaker 1 ([01:47:48](#)):

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.