

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. Welcome back to The Journey on podcast. I'm your host Warwick Schiller, and my special guest this week is Mary Corny. Mary lives in the foothills of the Oregon Coast Range Mountains. She's an author, horse advocate, mentor, and retreat facilitator. Marian enjoys a diverse, yet simple and a natural lifestyle in her work with both people and horses. Mary focuses on real life experience. Her book Perfect Practice is based on experiential practice rather than intellectual belief, Mary encourages personal inquiry as a means to uncover hidden patterns. Removing resistance and finding freedom of expression is a cornerstone in Mary's work. The application for this life enhancing work is delivered in many varied environments such as private personal sessions, horse sessions, personal retreats, group seminars and workshops, or as you'll probably see in this podcast while on a podcast, Mary is an award-winning author, published journalist and dedicated practitioner.

([00:01:43](#)):

She's been interviewed on radio and podcast and enjoyed candid and authentic discussions, which once again, you'll see that on here. Mary's book, perfect Practice won the Winnie Award for the most inspirational at the December, 2022 Quis film, art and Literature Festival. Mary built and maintained her own horse facility where she hosted clinics, boarded horses, and taught horsemanship for 20 years. She then extended her philosophical work into human wellness early in the year 2000 when she began offering private sessions and retreats. Mary considers herself a student of the soul. Her passion and inspiration have always come from living close to nature and in communion with horses. And so that's the bio that Mary sent me and having already recorded the interview with her, she, she's pretty spot on with all that stuff. So I hope you guys enjoyed this conversation with Mary as much as I did. Mary Corning, welcome to the Journey on podcast.

Mary Corning ([00:02:43](#)):

Thank you, Orrick. It's really great to be here.

Warwick Schiller ([00:02:47](#)):

Yeah, we've taken a while to try to get together. When I first reached out, I think you were sick or sick with Covid one or the other, weren't you?

Mary Corning ([00:02:56](#)):

I was pretty laid up. And

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

You're feeling okay now?

Mary Corning ([00:03:02](#)):

Pretty good. There's some lingering effects and it humbled me a lot. It taught me a lot how to surrender because I'm not a person who gets sick. In fact, our lifestyle is such that I don't get a lot of exposure. I do pretty much all my work out of here, so it was kind of shocking, but you roll with it. I never missed a day of chores.

Warwick Schiller ([00:03:30](#)):

There you go. So where is here, where do you live?

Mary Corning ([00:03:34](#)):

Gaston, Oregon. It's right at the Coast Range Mountains that divides the say Portland from the ocean. And it's really beautiful From our place, we really relate to your move. We picked up after 20 years and moved to a new place, little farther out, which is what we wanted. And from here I could basically ride over the mountains to the ocean and not cross a road. So other than maybe a log truck or something,

Warwick Schiller ([00:04:10](#)):

How we kind of connected Mary was I became aware of your book, perfect Practice, a Philosophy for Living, an Authentic and Transparent Life. And I want to talk quite a bit about how that book came about and how your journey came to writing that book. But what's really interesting is the title of the book sounds like you could have a picture of some guy in a robe or some woman in a robe sitting on the cover, but there's three horses on the cover. So it sounds like the horses have me led you on a bit of a journey, and I kind want to unravel that journey. Why don't we start out with what do you do these days? And then I want to go back to the book and then I want to go back to we before the book. So what do you do these days to keep yourself busy?

Mary Corning ([00:05:04](#)):

Well, I kind of go where I'm led like this, you showed up. So I'm here and I work with probably more people than horses now, but both I work in professionally, I work as kind of a personal mentor, and sometimes that's with horses and sometimes that's just in people's personal life because what I came to understand as I think you have as well, is that everything that the horses have taught me applies to living a natural and authentic life. We find out really early that force and control doesn't always mean effectiveness. And it's the same with life, that when we try to force things, and I was listening to you talk about buying your place and how that came to be, and that was in stages. You found it and then it took a while and you couldn't force it, nor did you really want to.

([00:06:21](#)):

But I think that really develops faith that we're not always in control. In fact, if you were to ask me, I would say we're never in control. So I help people see that they don't have to micromanage every single detail. And I like to say that I lessen their burden, a real burden to feel like we're responsible for everything. And I tell you, I call it freedom, and I don't say that as a hip word. I say that as absolutely from my heart, that it's both in horsemanship and in life. That when we feel that sense of freedom, everything around us changes and we kind of create our own world from whatever source we're living from, whether it's control, then it's a controlled world. We're going to be exhausted, we're going to have to micromanage and do it tomorrow. But if it's a source of faith, and I call it love, but sometimes even that word people have troubles with for some reason. But I think that's what's important is to live the life you were born to live. And that's what I help people do. And I help people do it sometimes with their

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horses and most often now in their private lives. But it's funny, now I'm moving back into the horses again. It kind of goes back and forth. And like I say, I go where I'm led, whoever calls I show up.

Warwick Schiller ([00:08:10](#)):

Very interesting. So when did you write the book? Perfect Practice?

Mary Corning ([00:08:15](#)):

I think it was published four years ago, but it took me five years to write. So I guess we're talking about the Mary from nine years ago.

Warwick Schiller ([00:08:28](#)):

Yeah, well, I've just released a book, so I know a little bit about how long it can take to write. So was it five years to write or it four years to mull around thinking about it and then one year to write? Or was it five years of writing?

Mary Corning ([00:08:47](#)):

No, it was 20 years of mulling and five years to write. Literally

Warwick Schiller ([00:08:58](#)):

In a book that I love to listen to, I've listened to it a number of times, is Russell Brand's Recovery. I dunno if you know who Russell Brand is. You know who Russell

Mary Corning ([00:09:08](#)):

Brand is? Yeah, I don't know. I know him. Yeah.

Warwick Schiller ([00:09:12](#)):

I love the way he talks and it's his take on the 12 step program.

Mary Corning ([00:09:17](#)):

Oh yeah.

Warwick Schiller ([00:09:18](#)):

And the first step is do you have a problem? Second step I think. Do you think you could not have a problem? The third step is, are you ready to change or can you do it on your own? But anyway, the fifth step or the sixth step or something or other is you make an inventory of all the wrongs that have been done to you by people, yada, yada, yada. Anyway, he said it took him five years and two days to get to the fifth step.

Mary Corning ([00:09:52](#)):

And you said that's

Warwick Schiller ([00:09:53](#)):

The

Mary Corning ([00:09:54](#)):

Wrongs that people did to you or the wrongs that you did.

Warwick Schiller ([00:09:58](#)):

I think what you do is you do both.

Mary Corning ([00:10:01](#)):

Yeah, I would hope so, both. If you

Warwick Schiller ([00:10:03](#)):

Don't,

Mary Corning ([00:10:04](#)):

It's in complete.

Warwick Schiller ([00:10:05](#)):

Yeah. And then what you've got to do after that, after you write that list is you've got to make amends. So you've got to contact those people and make amends. But anyway, the story he tells is, I think, let's say that's step 5, 4, 6. I dunno what step it is, but it says he took him four years and two days to do step five or six or whatever it is. And he said, actually, it took me, it took me, I got to step four in about the first week and for the next four years I couldn't do the next step. And then finally one day I sat down, I spent two crazy days just sitting there writing all these things down. But it was the heart. That step took him four years and two days, but it really only took him two days. Once he decided he was going to do it, it was the avoiding of the doing it for four years that took him four years and two days. And so for me, the book was a little bit the same way I think, but I think everybody's different. So yours was 20 years of mulling it and five years of writing it.

Mary Corning ([00:11:07](#)):

Well, it's funny you should talk about recovery because that is kind of how my recovery came to be was it's like WC Field S said, I can quit drinking. I've done it a thousand times and did it took Ray Hunt would say, it takes what it takes no more, no less. And that's what it was. It was a process of getting ready. And the day that that happened, I was completely unprepared, nor did I intend to quit drinking. But it's like I called it divine intervention. But all the years prior I was getting ready. I kept trying and failing and relapsing and going back. But the desire I think is what's so important to acknowledge, not the accomplishment that desires what kept feeding that process. Without the desire, I'd probably not be here today.

Warwick Schiller ([00:12:25](#)):

Don't you think that desire almost comes, almost comes at rock bottom

Mary Corning ([00:12:37](#)):

Sometimes? I don't know. Always. I mean, I don't know. I was born a love child. I was born with this burning desire for pure love, but I entered a world that was hostile and I'm like, shoot, that's not what I had in mind. So I did what people do. I pushed and forced through it. So I became so tough. I became

tougher than anybody. But there's a quote in my book, it says, I knew I wanted peace, but I still thought I had to fight to get it. And that was a long, long journey.

Warwick Schiller ([00:13:33](#)):

Well, tell us about this journey. Where were you born? What was your childhood like?

Mary Corning ([00:13:38](#)):

That's going to take half the podcast,

Warwick Schiller ([00:13:42](#)):

The short version, a

Mary Corning ([00:13:43](#)):

Short version. Oh, let's see. Where

Warwick Schiller ([00:13:45](#)):

Was, I don't know where I was born. What I really want to do, I think you've spent a lot of time Ray, around Ray Hunt, and he may have influenced your journey quite a bit. I want to kind of figure out how you end up with horses and how you end up with horses and how you end up meeting Ray Hunt and then the things that happened, the influences from him.

Mary Corning ([00:14:05](#)):

Yeah. Oh boy. That's where I'd like to talk about too. So important. Okay. Well, I'll tell you, I was born, I guess I was born in Boise, but we are Idaho, but we weren't there. But a minute seemed, my father was a pretty highfalutin executive, I believe for US Steel and our family moved to the Philippines and lived there for my early up until I was about five. And my father was a very, very powerful man. He was rich and he was strong and he controlled people. I mean, he had charisma, but also you wouldn't cross him. And my mother, who was adopted, literally left on a convent step, literally as a baby, was raised by the nuns until she was adopted. She was an only child and she had four children and lived abroad. And with this big powerful man who had his dark side, the dark side came from alcohol, but was, I always told him it was like the rat pack. He was always in tuxedos with a cocktail and a cigarette. And when he was like that to me, he was larger than life. He was what I dreamed of a man being.

([00:15:48](#)):

But then there was that other side that could be violent and explosive and frightening. So I learned at about three years old that alcohol was a magic serum that made people happy. And so by the time I was in seventh grade, I was an alcoholic and kicked out of school for being drunk in first period. And let me back up for a second. My mom finally got us to the states and got a divorce. So then she raised us from the time I was five six, she raised all four children alone and my father moved off to Jamaica and actually ran out on his duties or responsibilities. My mother had to fend for us. We went from being very wealthy to very, I'd say lower middle class, I guess. She was the most brilliant person I've ever known and absolutely the most loving. And she always believed in me. Her motto was, hold your children with open arms. And she allowed me to be authentic, and I was reckless and wild. I was the youngest of four, and it was the late sixties and seventies. So I did a lot of drugs and alcohol very young because my siblings, specifically, my sister was five years older and she was kind of my hero. So whatever she did, I

did. And that's why I started smoking and drinking and drugging and so young because I was just kind of attached to her. She was my security.

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

So that's my childhood. And then at ninth grade, which I guess is I was 15, I wouldn't have school anymore. They couldn't box me in. I was really, really reckless. So I got emancipated and moved out on my own and started working and got an apartment when I was 15. And then I started my own business when I was 18 and was a very, very good business that I did for 29 years in Portland, Oregon. I started cleaning houses. And then I really loved that because I loved the families I worked for. It was like I had 20 families and so many times they just pour me a cup of coffee, sit down, let's visit. And I really think that was what got me started in doing the personal work because they would talk to me about everything and I was interested and I was compassionate, and I was the Mary I was born to be, I guess is helpful and supportive and empathetic.

[\(00:19:10\)](#):

And so I toned down a lot the drugs and alcohol, but I was still using alcohol quite a bit. And then, let's see, where did I go from there? So I married because I thought I was supposed to, and I don't think I was even in love, but I always wanted a horse all my life. And my mother being a single mother couldn't pull it off. We were in the suburbs, you had four kids. There was no way. We lived in Portland, Oregon. And so when I moved out and went to work, I started going out on Sundays and renting this one mare on this dude string. And I'd go out every Sunday and pay my \$25 and I'd ride this mare around. And one day I came and they were showing her to some people and said they were going to sell her. And I said, you can't sell my marere. And they said, oh, yes, we can. And so I bought her and I had nowhere to keep her. And I knew absolutely nothing about horses, nothing. I used a floor mat for my first saddle blanket.

[\(00:20:33\)](#):

That leads me to how I met Ray, because by the grace of God, I was in this corral riding her, and she was get her off the dude, and it's a whole different horse. It wasn't just going around a little track. And there was a gal starting a horse or training in the corral with me at the time where I was, I don't know, I was at some boarding barn or something, and I had this big old leverage bit in her mouth and yanking on her. I was going to pull her over backwards. I think looking back, that's probably what would've happened. This gal steps in and she goes, I can help you. I said, oh, thank God. As it turned out, this gal was a Ray Hunt disciple and changed my life forever because she said shortly thereafter, Ray came to town and she said, you need to come to a Ray Hunt clinic.

[\(00:21:39\)](#):

And I said, actually, I take it back. The first clinic I ever went to was Tom Dorrance. So yeah, I set the bar pretty high out of the gate, and then Ray came about six months later and I just attended and watched and this gal rode and something happened in me. There was a magic that when I saw him, especially with the Colts, because the Colts were in a round pen, they were moving around and you could tell they were kind of wide-eyed and not in a new place, and tails were up and they were kind of all mixed up. And Ray came in and it was like, my gosh, I could feel it. It was palatable, his presence and the cults certainly felt it. And for the rest of that, back then, I can't remember if it was three or five days, but I mean, I was in another world and what I saw, I didn't know what I was witnessing. I felt what I was witnessing, and it was what I wanted all my life. It was freedom, it was unity and faith. He had faith in those horses beyond even the people that owned them. And from that moment, and still today, Ray is in my heart and will always be, get choked up. What was your, because

Warwick Schiller [\(00:23:45\)](#):

I think at this point in time you're still pretty green with horses. What was your experience like going to a Tom Dorrance clinic? I imagine, imagine it would be a bit like someone who's lived kind of a hard life going and listen to, I dunno, pn. Yeah, the Dai LA or PN or one of those. It is so far removed from the reality. How much of it can you pick up on? So point you went and watched Tom, did you kind of go Aha, or did you go, what the hell is he on about?

Mary Corning ([00:24:26](#)):

That's so funny because you just introduced me to myself in a way I didn't realize until this moment. So I never liked school. I didn't like boxes. I didn't like linear thinking. I didn't, oh, I hated rules. I was so opposed to what was traditional and orchestrated that when I remember I had a 65 Chevy pickup and I backed up to the arena, dropped the tailgate, and I sat in a lounge chair. That's how I watched Tom. I'll never forget it. So I might've had an advantage over many people who would come because I didn't learn intellectually.

([00:25:24](#)):

I was hardwired spiritual, maybe you might call it, I don't know another word, but that absorption I absorb to learn, I don't think to learn. And it's, it's a tendency of mine that I feel is a gift really now. But let me tell you, it didn't look good for a long time. It looked to the establishment. I was a rebel, but I was true to myself. And so when I saw Tom and he had this little, I don't know if you've ever seen him, he had a little, it wasn't a tripod, it was like a monopod stool. And he'd sit. I think Tom was always old. I don't never saw him

Warwick Schiller ([00:26:21](#)):

Young. He was born old. Yeah.

Mary Corning ([00:26:24](#)):

I mean, he was on the ranch up in Joseph for I think till he was 50 or better, of course, when I was in my twenties, 50 was old right now it's young. But anyway, so he'd sit on this little stool and pivot around with these horses moving around, and he'd say, well, yeah, no, you might kind of, and sometimes not even finish full sentences. I mean, it just drew me in because it was somehow, he conveyed this to the people and the horses and everybody loved him. Everybody got something out of it. But it was a very different way of teaching than I'd ever seen in my life. And so I was really drawn to it, I think just by nature, by my nature. That makes sense.

Warwick Schiller ([00:27:32](#)):

And then six months later, you went and saw

Mary Corning ([00:27:35](#)):

Ray

Warwick Schiller ([00:27:36](#)):

Ray Hunt. How was that first, the first viewing of Ray? How was that for you?

Mary Corning ([00:27:46](#)):

Well, and I write a lot about this actually. The book is dedicated to these men, and I honestly think it was the father figure that I had missed because I admired power and strength. That was something my father was exceptional at. But I wanted the kindness and understanding, and Ray had both, he was very powerful, very charismatic. I knew right immediately that he demanded respect and he got it. So it felt like home, like the home I always wanted. And so that's why I was never going to leave the holy grail, let alone the wisdom. By then, I had been with this gal quite a while. She became my best friend, that trainer, and she talked so much about Ray that I was already really prepared and I had at least one horse by then.

(00:29:22):

But it just started me on that journey to learning from the horse what I needed to know. But I did it with what Ray came into town, or I followed him. I went to other towns and saw him as often as I could, and he only had a short amount of time to get a lot done because he was so dedicated to the horse first. So he had certain things that he did, and I always kind of thought he did these things to set up a environment or an experience for people to find their own answers. He didn't answer questions directly. And I noticed that about many great teachers that they kind of let you find it. I've really adopted that. People ask me, I don't give advice. I think that's ridiculous. I can't tell you about your life, but I can ask good questions that make you look.

Warwick Schiller (00:30:40):

So you said when you first saw Ray, it was kind of like the father figure that you had wanted. Was it almost like the way he treated the horses, the way he worked with the horses? It's like you were the horse you wanted to be the horse that he's,

Mary Corning (00:31:05):

Yeah, well, I'm glad you went there. I actually wrote about that. I forgot about that. So those scared horses, or I would say they were scared. They weren't traumatized, but they were certainly lively and unsure and didn't know anything. He guided them, and that was something I never had. My mother did the best she could, but she worked full-time and had four children, and I was the youngest. She was exhausted. But Ray guided these horses with faith, he use that word a lot, I guess I'm finding out here, but with a faith that is effective in their settling this chaotic mind that is, let's call it fear. That's kind of a good generic term for the chaotic mind.

(00:32:15):

And he had such a way of settling the dust and giving them a learning. This is a rehan quote. He said, I want 'em in a learning frame of mind. I recently went up and worked with some horses and people up in Washington, and this one horse was white-eyed and paw on the ground and tied to the wall. And I asked everybody there, I said, how many of you can learn when you're scared? So let's just start there. And Ray was the master at, if you've ever, I'm sure you've seen him working with riding his own horse.

(00:33:06):

And Ray, I don't know if this is accurate or not, but I always saw his horses had a lot of life. They weren't statues, but he was always guiding him. And even when he wasn't, I have probably 500, maybe a thousand pictures of Ray Hunt, and I have those how a still image captures the moment and his hand, hand on the neck, oh, it takes your breath away. How can that be? It has to come from the source of what is moving the hand. And that's really, that's the gist of my work. The hand is just a hand. What's animating it? What is the source that moves all of the choices and the actions and the unity and the flow? What's moving that source? Is it fear or is it faith? Ray had faith. He said himself, he'd never seen a



horse that this wouldn't help. He never found one. I don't think he ever did find a horse that he couldn't help.

Warwick Schiller ([00:34:45](#)):

I'm just looking at your book on Amazon and the little blurb on it, I'm going to read it right now. It's very, very cool.

Mary Corning ([00:34:59](#)):

Is it cool because that was written, here we go, okay, read it to me work.

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

But you're kind of like, oh, well, that was written a while ago. I might think things differently, but it's not because it's exactly about that. It says, we can shift our perspective and change our world. Life can be exceptionally gratifying when we realize that our thoughts create our interactions and our interactions create our relationships. To truly relate is what living is all about. And that's the thing there. It's about, I'm a huge fan of the Wayne Dyer quote. When you change the way you look at things, the things you look at change. And this morning, actually, funny enough, this morning I shared a what's really cool as far as I'm a bit of a content creator on social media. And what's what's really cool is Facebook memories stuff will pop up from four years ago. It's like, oh, you guys need to hear this again. Yeah.

([00:36:03](#)):

And a memory popped up this morning where I shared a quote 11 years ago, and the quote was by Francois, I don't even know. It's one of them classical French masters. I don't even try to pronounce his name. He says, the knowledge of the nature of horses is one of the first foundations of the art of riding it. And I shared that 11 years ago because I thought I understood the nature of horses at the time, and I did understand the nature of horses at the time much better than I had years previously. But I completely understand the nature of horses differently now because they have a different lens with which I view things that horses do, and the different lens with which I view the horses makes me interact with them differently, which actually changes the horse. So the knowledge of the nature of horses, one of the first foundations of the art, of riding it. And I think as you go along, your understanding of the nature of horses becomes different because you become more aware of, or not necessarily more aware of what they're doing, but you change the lens. And I think something I read about yours was talking about putting veils, having veils over you. Oh

Mary Corning ([00:37:35](#)):

Yeah.

Warwick Schiller ([00:37:36](#)):

Peel those veil away a great

Mary Corning ([00:37:37](#)):

Thing. Yeah, yeah. That's a good example.

Warwick Schiller ([00:37:43](#)):

How you interact. What was that? Sorry, what was that quote there? It was, life can be exceptionally gratifying when we realize that our thoughts create our interactions and our interactions create our relationships and the thoughts that we have are based on the perceptions that we have and the lenses that we view life through. When you change those lenses, what you're looking at changes because you realize that half the stuff you think is happening is just a projection of you. That's a huge, and it's not really happening. Yeah,

Mary Corning ([00:38:20](#)):

Yeah. Okay, great. First of all, I was a huge fan of Wayne Dyer and I have every single book he ever wrote, including *Your Erroneous Zones*, which is his first. And that quote is what you're talking about. You change the way you see things, the things you see change. And you brought up a word nature in the quote that you read, the nature of the horse, that nature is what brought me to seeing my true nature. And that's what I wanted to share with you the most today, that really thinking about personally talking with you, although your life is an open book as mine is, but that nature, that word is really important because that nature is deeper than intellect.

([00:39:26](#)):

There's a saying, the mind is a speck of light thinking. It's the sun and our intellect and our thoughts, and I remember you several times have commented, have a mind like still water. Well, that's a Mark Rashid quote actually. Yeah, I've heard you say it. And I am just like, when I watch or listen to your podcast, I'm like, I want in on this conversation. And it's the same as that for me, what I call the true nature or the essence of nature. I live in a forest and lots of wild animals and birds and deer and everything, trees, lots of trees. And I am very tuned into nature as a guru, and I'm witnessing that we're not really the higher species. I think in a sense we are intellectually. But now, as I have lived this whole lifetime from this heart, from this nature, I can see that the mind is a tool. And so often it becomes the leader. It's the mind and the thoughts and the doings and the effects, the sensations. All of that starts pushing us through our life. And typically it's the next, we want the next, the next, the next. And what I've found is that takes us away from our nature, and that goes back to what I was saying about control. Then we start micromanaging the world. And as you just pointed out, then we see the world. We're micromanaging as real, but it's not.

([00:41:46](#)):

It's managed and controlled. And most important, temporary, most important, is that when we have that as our lifestyle, and this is my life's work, you're going to have to keep managing and keep thinking. And where's the peace? Where's the I am all right already. I'm home. I'm here. Yay. Let's enjoy it. I think that that is something that is very unusual in our world and why I feel it's so important is that we come home to the true nature and the mind serves that not the other way around. And that veil ceremony that you were talking about, I designed this workshop and I went out and I bought all this veil material, bridal veil, and there was red and blue and yellow and green and black and white and all, they cut 'em into little squares. And the idea was that I'd asked the people that arrived, who's felt sadness in this life, and oh, everybody has felt sadness. So okay, you get a blue veil, and then we go on with envy and jealousy and regret and all. And with each emotion comes a different veil, and you put it over your head, and there you're sitting with, at first you put the blue veil on, you can see, but it's tinted. And then you keep adding more and more and more veils. And then the punchline was, now look at the person next to you. How well do you see them? And is it that your eyes don't see?

([00:43:57](#)):

Does that make sense that your eyes are still seeing perfectly? But all of this habituated thought and response and reaction and perception as you called it, which I call, I'll let that too clouds the vision. And it certainly does with our horses. And for me more than anything else. In fact, I was telling, I met Brent Graff recently at a clinic, and first time I saw this clinic, that's a cool dude, isn't it? That's a cool dude. What he is doing is beautiful. And I don't know him at all. I just met him at a clinic and he was there at lunch and we were talking, and I gave him the book, of course. But I like giving the book to clinicians so many stories about being a participant and it's like falling apart and crying in the trailer. And I thought it's good for them to know what goes on behind the scenes. But anyway, very, very, very high integrity man. And anyway, we were talking at lunch and I said, I think the biggest mistake I made is doing what I was told.

[\(00:45:27\)](#):

And I kind watched his expression because as a teacher, but it's because, not that I did what I was told, but that I kept doing it over and over and over in different applications. That's that linear thinking again, that's how it gets us in trouble. And that's why I love Tom so much. And Ray too, that Tom's big quote that he used over and over, it all depends. It depends. Yeah. And he'd say, if this doesn't work for you when you get home, don't do it. He'd said that. I've heard him myself say that. But I'll tell you one thing, whether it's horses or people, personal work or horse work, if there's one question that I get more than any other that is hollow, forgive me, all my beloved clients, it's kind of habituated. People say they don't even realize, but it's what do I do, Mary? And that's why I say I don't give advice because that's a responsibility I don't want. So I ask my rebuttal, anyone that knows me knows this, how do you feel and how do you want to feel? Let's start there and let's see what doing comes from that.

[\(00:46:59\)](#):

Let's see where that journey leads us then when we're coming from our true nature, our essence, and we're seeing the horse as their true nature, their true essence. It's not to say I'm starting a cult now and I'm 61 years old. And it's not to say that I don't do things. I do things all the time. I'm saying that my doings aren't the source, the doings are the effect.

Warwick Schiller [\(00:47:32\)](#):

That's a great line. My doings. Yeah, tell me that again.

Mary Corning [\(00:47:40\)](#):

The doings are not my source. The doings are the effect that comes from which source. Now there's two, I was a student of the course in Miracles for many years, and it says there's only two and one doesn't count. That's fear and love. And I stand by that.

Warwick Schiller [\(00:48:10\)](#):

I've got a couple of questions. Good. One of them, I want to go back a minute ago you were talking about, we were talking about perceptions, and then you were talking about living in nature and around nature a lot. And one, I think one of the things that we grow up with is we are taught, sorry, we grow up being taught, is that nature is like survival of the fittest. Think about survival of the fittest. We are taught it's survival of the fittest. It's a dog eat dog world at this sort of thing, hospitality. And if you perceive it that way, then you could be, well, I'm the most intellectually advanced species on the planet, so I get to rule the whole thing. Whereas if you understand that nature, it's, it's not the survival of the fittest, it's the survival of the one who can contribute the most and connect with others. We think a tree's just a tree, and it sucks the nutrients from the ground, but trees communicate with each other. Trees help

each other out. Think about the story about when they brought the wolves back to Yellowstone and it changed the course of the river, or there's a story that I've read in different places about a Native American elder. And he said the story was about a guy saying that he heard this from a Native American elder, and it really changed the way he looked at things, which was we don't have rights, we have responsibilities.

Mary Corning ([00:50:08](#)):

That's great.

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

And it's when you go from how you were saying a minute ago, like the apex predators or whatever, if you look at the world that way, you'll view the world that way. But the way we are raised was about take, take, take, take, take, take, take, take, take and living in a vacuum. But nature doesn't work that way. Nature, it's a contributing type thing and everything helps everything else. And when you change that way, you look at that, I think that's a big game changer for a lot of things.

Mary Corning ([00:50:49](#)):

I want to bring something, I love your show because I don't hesitate to go pretty deep in this. And one thing you just said that, like I said, I like to ask questions. I don't have answers, but I like to poke around and you said, we live as if we have rights. If you just sit for a moment or two and feel how it would feel to live as if you had no rights, none.

Warwick Schiller ([00:51:38](#)):

That's not a good feeling

Mary Corning ([00:51:41](#)):

To the mind, but you just spoke about nature, that it does work in nature. The mind wants rights, and that's what causes war. That's war, internal war and external war. And that's why I say I'm going kind of deep because that's one that, especially in Western culture, oh my gosh, we are spoiled. We are. So I tell my husband all the time, we live like kings

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

And people in India that are so poor, they have nothing but a cardboard box, and they're so fulfilled when you take away the intellectual idea of having a right to something, this is how I describe it for folks a lot. It's like if a horse pulls back on a rope and they pull and they pull, and I've seen this at clinics, people go dirt skiing and they're pulling and the horse is pulling, and how much resistance is there in a rope if you let go of the other end immediately slack, doesn't matter how hard they pull.

([00:53:15](#)):

So I would encourage people to examine that because first of all, it leads to that control thing. If we have rights, then we have to control our rights, and then we're going to be disappointed if we don't have them, we're going to have agendas. And maybe I'm just going way out on a Shirley McLean limb here, but it's an important, I'm not shy, I don't mind bringing this stuff up because I see you were saying we are the intellectual. You're not saying you believe this, but you were saying as human beings we're the higher intellect. What a mess we have created.

([00:54:04](#)):

We were talking about, like you said, bringing the wolves back to Yellowstone, and we were talking about the Eagles in Sweden and that they were endangered for a long time, and so they kind of put 'em on the endangered list, and then now they're so many, they're shooting them. And it's because the man is trying to control what's natural. Can man create a sunset, an ocean, a forest? Do we even know how our bodies breathe and grow the nail? Like Wayne Dyer, the guy you mentioned, he was bald and he used to joke about his hair and he'd say, what held it in yesterday as it was coming out? So there is that dependency on the right too is why I say it creates war. I'm not saying that we lay down and be passive. No, I live what I talk, and I've had the best horsemanship in my life now because I stopped thinking I had a right to get on her back as the best relationship of my life next to my husband. We had learned that too, of my husband and I are saying is I want what you want. Try that one for a while. He's getting a power hammer man.

[\(00:55:51\)](#):

And he gave me grace. He gave me my horse. Oh, it chokes me up. That's what happens when you want what they want. It's called unity. And that's what we're here to learn. That's what we're here to live. And it's supposed to be a slow burn. It's supposed to be. This is a great thing. I wanted to mention my teacher, my current guru, who is a game changer. His name is Moji. Everything's free on YouTube. You can look him up. I would suggest that you do if you haven't,

Warwick Schiller [\(00:56:34\)](#):

How do you spell his name?

Mary Corning [\(00:56:35\)](#):

M O O J I.

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

Moji. No, that doesn't ring a bell.

Mary Corning [\(00:56:40\)](#):

Oh, man. Work going to, you are going to call me up and say, I knew I had John for a reason. Yeah, that's it. Oh, it's a game changer. But he asked this great question. He says, if you were going to go to dinner with somebody who I think he says a million, but I'm going to amp it up and say had billions of dollars, and you got to choose. You were going to go to dinner with somebody who inherited it or somebody who was poor and grew it, acquired it, achieved that. Which one would you rather go to dinner with? Someone that just was given it or somebody that created it?

Warwick Schiller [\(00:57:37\)](#):

Well, you don't have to ask that question here. This is the journey on podcast. I want to know people's journeys, how you got to where you got to, the things that happened along the way to get you to the point you're at. So obviously it'll be the first one, not the second.

Mary Corning [\(00:57:54\)](#):

I might've set you up there with that, but that's all

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

Right. Have done. Yeah,

Mary Corning ([00:57:59](#)):

But that's why it's supposed to be a slow burn. There isn't a pill. I am so grateful for Ray and horses and my husband. It's in the book I bought, I can't remember how old I was, but I was younger. I bought 20 acres. I said I bought 20 acres of blackberries and poison oak. There was nothing on it. There wasn't water, power road house. I didn't even have a building permit. And I was single and self-employed with no credit and no savings. And I bought 20 acres of land, and that's where I lived for 21 years. That's what we sold before we moved here. And what I learned from fighting the county to get a building permit, and they said, you'll never find water. It's a dry area. So I hired a witch and this old guy came with his tools and everything and we got water. And that day, the water shot out of the thing, oh my God. And everything about it. The dogs I buried there, the horses I buried there. You said about the hard stuff. I call it when I bloodied my knees, it's in the book. There will be another book by the way, because there's more. Because that was the journey. And now I want to write about coming home

([00:59:47](#)):

And I want to share that. That's why I'm here with you. That's what I see in you. That's what I see as your journey. And I see it as everybody's journey because you're so popular. People are looking, and I'm not saying I have the answers for anybody else, but I will act as a model as I will let my life be a testimony and my husband tells me I've been through everything. I mean, I've been through, my sister had suicide, died from suicide. I was alcoholic. I was drugs. I've been codependent. I mean, I can tell you nothing that I talk about was read in a book. We used to say, you'll never learn to ride a horse from reading a book. Although I will say your book is pretty darn good. One thing about a good horse book is when you want to put it down and go to the barn. That's how I feel when I read your book. I can only get so far. Then I got to go to the barn.

Speaker 1 ([01:01:09](#)):

Warwick is happy to announce his first book, the Principles of Training, understanding the Relationship between You and Your Horse, and Why Effective Training Works is now available after a lifetime of working with horses. Warwick has categorized every horse training method into 12 foundational principles. Understanding the intricacies of these principles will allow you to make the most educated horse training decisions on your horsemanship journey and is a must read for any horse owner. Get your copy today on Amazon or get a personalized copy signed by Warwick on his website, warwick schiller.com.

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

Thank you. So tell me about this Muji guy. How'd you find out about Muji and what do you know about him?

Mary Corning ([01:01:55](#)):

Oh boy. Well, he fell in my lap, literally. Magnus is, my husband is Magnus. Magnus and I were in the worst nightmare of my life. We had gotten into a bad real estate deal and we were trying to get out of this three-way nightmare. And the people that wanted to buy our place, it was contingent offer that we bought this other place, and the other place was a nightmare as it turned out. So we dropped our escrow, said, keep it, we want out. But these people were suing us for our place. We had nowhere else to go. So it was frightening. And this is the place I built from blackberries and poison oak. This was my

creation and our home. And I had seven horses, six or seven, I can't remember. But anyway, so it was the dark night of the soul, and it was covid and it was covid that you couldn't hire an attorney without.

(01:03:13):

It was just insane. So anyway, I was imploding, and I've always been a student of philosophy. I used to say I've wandered aimlessly through all the traditions, Zen Buddhism and Taoism, and I was atheist then I was Christian, and I mean, I've just kind of moved through the map. And so I like to study philosophy and I like to glean wisdom from masters and I don't know where it may be. Facebook, I think probably I just saw a meme or a post or something and I clicked on it and here's this hip Jamaican guy with dreads and just drew me in. And so I clicked on his YouTube and I don't know, two hours later, three hours later, I was thinking I'd come home to what I needed to get me through this process. And it's everyth everything. We've been talking about a great, great influence in my life, Muji. I still, both my husband and I listen to Muji every day and have taken retreats, online retreats in Portugal.

Warwick Schiller (01:04:50):

I'm just reading his Wikipedia right now. So he's a Jamaican spiritual teacher based in the UK and Portugal. He gives talks and conducts retreats. JI'S followers describe his talks as, where does it say, this describes his talks as meeting in truth where people come from all around the world to ask questions about life and seek peace and meaning. One follower describes JI'S teachings is spiritual food that is neither esoteric or hard to understand.

Mary Corning (01:05:24):

That brings me to something I wanted. Well, it's a question you were going to ask me.

Warwick Schiller (01:05:32):

How do you know?

Mary Corning (01:05:34):

Because you sent it to me.

Warwick Schiller (01:05:39):

Oh, sorry. Those questions?

Mary Corning (01:05:41):

Yeah, those

Warwick Schiller (01:05:41):

Questions, yeah. There's been a question in my mind here for about 15 minutes now.

Mary Corning (01:05:46):

You got to ask that one. Those are written down. So ask me.

Warwick Schiller (01:05:51):

Well, this question has been, I've always heard this question.

Mary Corning ([01:05:56](#)):

Oh, even better. And

Warwick Schiller ([01:05:58](#)):

I've never really got to ask anybody. So I never met Ray Hunt or Tom Dorrance or Bill Dorrance. I've read a lot of stuff and one of the quotes that I've heard attributed to one of those guys other than to Bill was, you're not working on the horse. You're working on yourself. Okay. You get that? You have heard one of them say that.

Mary Corning ([01:06:30](#)):

Yeah, yeah.

Warwick Schiller ([01:06:32](#)):

Did. Because you said, I'm starting this Muji guy. I've been through a Course in Miracles. I've read this, I read that, and I dunno if this is a complaint of mine or it's a question, but did they ever tell anybody how to work on themselves? Did they ever say, Hey, you should read this book, you should meditate, you should whatever. Or did they just, because to me, it's almost like they throw that out there, but give you no direction on what that actually means. Did they ever suggest, Hey, I think you should, you should meditate. I think you should look, you muji up on YouTube. Maybe you should read this. Maybe you should read that. I know that I think Tom suggested people read

Mary Corning ([01:07:23](#)):

Kinship With All Life.

Warwick Schiller ([01:07:25](#)):

Kinship With All Life, but that's out of those guys. And like I said, I wasn't around them. So maybe in conversations they said these things a lot. But as far as I have ever found, that's the only book any of ever suggested. I'm just wondering, telling people that you're not working on the horse, you're working on yourself, but giving them no guidance on how to work on yourself or what it is you're actually working on. I'm just wondering if there was stuff said that is not in print, so I don't have access to it. I'm wondering, did they actually communicate what that meant?

Mary Corning ([01:08:06](#)):

Well, no, because I don't think they can. Because whenever I tell you what, I was in close contact with Carolyn Hunt and Margaret Dorrance when I wrote my book. In fact, the very, very last thing Margaret did in the hospital was give her blessings for the book. And one of the most important things, the reason that I contacted these lovely women was because I used quotes from both Tom and Ray. So I wanted to have the permission granted to use those quotes. And one of the most important things, certainly to Carolyn was that I be very clear that it was my interpretation of their words. And that is a subtlety. I work in subtleties. That's my thing, because that's what people ride over the top of. And you cannot do this to get that. But we want to teach. And Ray did indeed, and so did Tom and all these great teachers.

([01:09:35](#)):

Bill and Muji did indeed influence a learning frame of mind. No different than you would for a horse. Sometimes you go out, I've seen some stuff that you do where you would do one thing, but now you're



going to do this different thing because today it's a different day. Today it's like that saying, work with the horse you have today, you said that that's you. And it's actually work with the horse you have right now because it's even better 10 seconds ago. Exactly. And that's the point. We're no different. So it would be futile, and they were wise enough to know it. But Muji, to answer your question directly about him, he does. He has honed it in to giving you an experience that you can find your true nature. And it's flawless and it's simple. And it's also what I offer as well. It has to be simple. And one thing I say to my clients is, if I give you something temporary, fire me. How's that? That's a pretty good guarantee. So what in your life do you know that isn't temporary? Your job, where you live, your relationship, your kids, your friends, everything's temporary.

Warwick Schiller ([01:11:16](#)):

Your life is temporary.

Mary Corning ([01:11:18](#)):

Everything's temporary except for one thing. And that's what they're pointing to. And that's here. So I listened to the podcast with you and Rupert, when Rupert interviewed you and you were sharing about your

Warwick Schiller ([01:11:38](#)):

Experience. Oh, when I was on Rupert's podcast, so the, what's it called?

Mary Corning ([01:11:44](#)):

Live Free Ride free.

Warwick Schiller ([01:11:46](#)):

Live free ride free, yeah. Yeah.

Mary Corning ([01:11:48](#)):

I did my homework actually. That made this so much better. So I was so glad I was sick when you called because I got to know you a little better that way and who I was talking to, and now I get to bring up your stuff.

Warwick Schiller ([01:12:05](#)):

There's plenty of it,

Mary Corning ([01:12:06](#)):

Don't worry. Yeah, yeah, yeah. Endless. But about the journeying with psychedelics, because I did a lot of psychedelics for different reasons, but actually Carolyn Resnick actually asked me the other day. She said, did you do psychedelics for Spiritual Quest? And I said, Carolyn, because her and I are the same person, we're sure of it. And I said, Carolyn, I was born spiritual. Everything I do is a spiritual experience. That's my tendency. Right. But what I wanted to ask you, and this, I'm not going to interview you, but I would like to someday maybe when I come down and see you,

Warwick Schiller ([01:12:56](#)):

You're not going to interview me, but you're going to ask me the question anyway. Yeah,

Mary Corning ([01:12:58](#)):

Yeah. I going to ask you the question. See, that's what I do. If somebody asks me a question, I answer the question with a question. That's pretty tricky. But when you were tripping, it's what we called it back in the sixties when you were on your journey of

Warwick Schiller ([01:13:15](#)):

When I was journeying that the term

Mary Corning ([01:13:17](#)):

Was used. That's what I used to use a long time ago for meditation. I never really got empty. I went places. I went out of body. That's how I quit drinking. Actually, it was an out of body experience. Weird. But I think it's in the book. It is in the book. So we won't go there. But I had a question. When you were experiencing the journey, you had a visual effect, you had a sensational effect. You were experiencing something, right? So what Muji offers and what I like to point to was there is one, no matter before for the journey, during the journey and after the journey that was present to watch it all take place, you saw it happening. You were there, and then you maybe did the psilocybin, let's say, and then you felt, I remember psilocybin, we used to call, this is terrible. We used to call 'em, I don't know if I should say this, we used to

Warwick Schiller ([01:14:39](#)):

Call 'em. You can say it

Mary Corning ([01:14:41](#)):

Combs, you'd get your mouth, it'd get full of saliva and stuff. I live in Oregon. I mean, this is psilocybin capital of the world. Lemme tell you. It was in our backyard. So anyway, you'd start to sensate, you'd start to feel that coming on, and then it would be an experience. And then as you said in your conversation with Rupert, it started to die out, and then you went out in the pasture to see the horses on that one, and then it kind of drifted away. And then here you are talking to Mary at the Ridge. Okay, so there is one that sees all of that happening in front of you, is it not?

Warwick Schiller ([01:15:33](#)):

Yeah.

Mary Corning ([01:15:35](#)):

Has that one ever come and went? Has that one ever been vacant from you when you were three or five or 20 or in the sweat lodge? Has that one ever not been there?

Warwick Schiller ([01:15:59](#)):

No, but that's the thing is I want to get to him. I want to remove You are him. Yeah, I get that. But I've got a blue veil and I've got a red veil. I've got a white veil. I've got a fricking lot of veils.

Mary Corning ([01:16:14](#)):

Guess what? You recognize that? Remember when I texted you, that's kind of what prompted this conversation. I said, oh, after I watched or listened to the Rupert thing, I was on the text next morning and I said, direct passage, didn't I?

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

Yeah, that's it. Yeah. Well, that's what all that stuff was for. It definitely wasn't a good time, but it's trying to, I think for the longest time I had no idea. I was wearing a red veil and a blue veil and a yellow veil, and orange veil and a white veil, and I thought that's how the world looked. Yeah, me too. Then once you understand that you are wearing those veils, then for me think the work is removing those veils. It's not about, I don't think it's about being different. It's about revealing the real you. The real you is not changeable. And it's always there, but it's not always aware of it because the other stuff gets in the way.

Mary Corning ([01:17:33](#)):

That's it. That's my work. That's what I do. I make you aware of it. And I've asked this question to countless people, and I would say this, what question can you ask somebody that you ask every walk of life? Male, female, rich, poor, Christian, atheist, any person, and they'll give you the same answer. I'll give you a hint. I just asked you. Everyone says the same thing. I was there to witness it. Then the work that I do with you now is practice. That's why the book is called Perfect Practice. You mentioned that at the beginning.

Warwick Schiller ([01:18:31](#)):

We will do it again. Give the book another shout out. Perfect. Practice a philosophy for living an authentic and transparent life.

Mary Corning ([01:18:43](#)):

So if we practice removing, I said in the book, I kept practicing, but I was practicing being ineffective. I was very good at it, being ineffective. So I want the direct experience. So that is I suppose, why Muji fell out of the ether into my phone that day because that's what he offered is a direct experience. You can do it anywhere at the grocery store. You could do it when you're healthier, you're sick, or you're tired or you're inspired and there is a slow burn. It's like we talked about earlier. It's all right. Those veils have lots of meaning, lots of purpose, lots of direction. It's all right. It's already, but

Warwick Schiller ([01:19:49](#)):

Yeah, those veils, it's not like I am not frustrated that they're still there and I've got to get rid of them. I know it's a slow burn and I know that it's like you can't train a horse quickly because you'll get to the wrong place faster. And so I'm not trying to do all this. I've got to get rid of it now. It's like I get it. It takes time and you can't force it.

Mary Corning ([01:20:33](#)):

Can I say something about just interject you can about the horse really the way that was the way in to me, Ray, that was how Tom got into Ray was through the horse. Ray got into me through the horse, and I'm going to get into you through the horse because you know there, you know that there with them and the horse to me, and throughout my whole book, I talked about the horse is a metaphor or a symbol of life, I I f e life. And so I use that often and I use it in my work. That's why I end up working with horse

people and horse people coming to my personal sessions because of that corresponding link. So the horse out in the pasture is alright already, right? I mean, they're living out their days and nobody's judging them for being good or bad or right or wrong. That's the true essence of the horse. I just posted a story about it today about I had this wild horse and I kept him wild. I just got by enough. I wanted to know what I put in the blog was I wanted to ride God's horse.

[\(01:22:08\)](#):

I wanted to know horse. So he bucked me off once in a while, but boy, he was like a mountain goat in the mountains. He loved it. Anyway, so the problem or the veils, the conflicts come in application, not in source. And you're a master at application with horses and you're getting better all the time. So we need to differentiate that so that we can come from a clear source, a healthy source. One of my one-liners is I like to work from a success to a success. And the mind, the intellect, the problems all land in the intellect because we're thinking things should be other. That's one of my favorite lines is the cause of human suffering is thinking things should be other than they are. And that's what we think about the horse or our kids or our friends or politics or whatever. So Muji tells his story, he says about his guru, actually somebody said that, I just came to tell you that I'm experiencing great suffering. And the guru said, no you're not. What do you mean? No, I'm not. He says, you are suffering your experience. That's subtle

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

And accurate. The subtleties are accurate, the complexities are distracting. So back to horses, they are the pure essence of forgiveness. And that's my own personal verbiage, the pure essence of forgiveness because they allow a prey animal on their back and serve them even with love sometimes. And most frequently, as you know. And I know that most frequently they have to acquiesce and surrender. But now you are changing the world. Warwick Schiller, the world of horses. You are out there as a voice that needed to be told and you're placed perfectly where you are. But that voice has to come from a source of empathy and forgiveness and love and kindness. And then you say yourself and I know it. I live it. It's so simple. It's so simple. But the mind makes it complicated. So the very first step, you're about principles and steps and you want to come from a clean slate. Well, what's cleaner than that? Which does not change. And what's freer? What feels more open and spacious and allowing? And I'll tell you something, one of the hardest things I've done, one of those questions you asked was what have you changed in the last five years? And I'm going to answer it now, just save you the trouble.

Warwick Schiller [\(01:25:58\)](#):

Okay, so the question is, what have you changed the past five years that has changed the course of your life?

Mary Corning [\(01:26:08\)](#):

I let go of opinions, my opinions and my opinions about other people's opinions. And it was one of the hardest things I ever did because I wrote a book and walked the talk that I was a Ray Hunt disciple. But even as we were talking earlier about Tom and Ray telling you, or what I said to brand about the trouble was I did what I was told. I could never be the last chapter in my book talks about that I could never be Ray Hunt. No way. There's only one. There's only one that ever was or ever will be. There will never be another ray. So I kept doing things like round penning and flagging and disengaging and see if you can get the lo in the first ride. And by the way, I'm not saying Ray told me these things. This was my interpretation of 35 years of clinics. And it wasn't just Ray. I hosted clinics, I did a lot of other stuff. But what I was doing was coming from that thing I was watching in front of me and then taking as truth, as reality as life. So I kept doing what I'd always done, but I was a little more spiritual about it.

[\(01:27:52\)](#):

No, it doesn't matter. You can be spiritual and be so screwed up. You can't imagine. I mean, in fact, it often is the case because then we get permission to say, oh, whatever. So the one thing I did was I stopped doing what I've always done and that included everything I learned. And I just happened to be graced by my colt, who I bought from Carolyn Hunt, who was out of Ray's Marere, his last Marere. And the Marere died after she licked her off. And so my cult came from the source of everything I've lived. But she came to me as a clean slate, eight months old, she'd lived with Carolyn up until then. She came off that trailer and I consider her Ray's granddaughter. And she changed my life in the last five years, actually the last three. And from the get go, it was of such value to me that I not do what I've always done and make the mistakes that I made. The value was so high that I was a little dumbfounded. And that's what I posted recently about a child's mind. I think it was a quote from my book actually, but it was having a child's mind. So there I was with the child being a child,

[\(01:30:04\)](#):

And now I'm riding her. And I took the first ride out a couple days ago. It wasn't very long. It was like five minutes, but not the first, the second. That was the second, first one was three minutes. But I've been riding her all winter. But what I had to do was I am an open book and I post everything and I've been posting the journey with her and other horses that I have. One is a big and

Warwick Schiller [\(01:30:38\)](#):

What's her name?

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

Her name is Grace.

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

Grace

Mary Corning [\(01:30:44\)](#):

Aptly named by the way.

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

Aptly named. Yes.

Mary Corning [\(01:30:48\)](#):

And go ahead.

Warwick Schiller [\(01:30:51\)](#):

Oh no, finish that because I was going to say, you know what, you brought up the question and we probably, we've been going for quite a while. I should get to those ap, those questions that you chose here in a minute.

Mary Corning [\(01:30:59\)](#):

Time flies a

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

Yeah, yeah. Finish this thought there.

Mary Corning ([01:31:03](#)):

Okay, what was my thought? Oh, so there you go. A mind like still water. That's how I started with Ray's granddaughter. But then I came up against for saddling, first leading, first loping, all these firsts, which is what I usually post or first the first time I did this the first time. And how does it look to you? And see, I don't tell anybody anything. Like I said, I don't give advice. I don't post and say This is what I did and do this. I say, look what happened. And people go, wow, that looks really good. I go, it felt really good. And I talk about my experience and Ray Hunt is still in my heart every day. And since I'm probably not going to show Grace, I think Carolyn's a little disappointed because she is bred to the gills for stock horse reigning cutting. And so I had to disappoint Carolyn Hunt and that was the hardest part of what I've had to do is to say, have the faith and the integrity to stand by my horse beyond anybody else's opinion, especially the one woman I revered the most. I got to get choked up here.

([01:32:48](#)):

It was the hardest thing I ever did and the easiest because I had gotten ready all these years and everything I teach and everything I talk about and everything I live was getting me ready for that one moment in that conversation with Carolyn. And I said, it's about grace and me.

Warwick Schiller ([01:33:12](#)):

She's so aptly named, isn't she? Because when you said it's about grace and me, I wasn't thinking Grace the horse.

Mary Corning ([01:33:18](#)):

Yeah, it is. That's right. I know Carolyn Resnick and I talk about that all the time because I say one time when I started riding her, we were doing leg yields and all this cross, and then the next time she wouldn't move, she would move foot. And literally, I'm not kidding you, this colt turned around and looked me in the eye while I was kicking clucking and kicking. And she bat around and looked me right in the eye. What are you doing? You nutcase? I said, oh God, you're right. I you're so right. I suck. Okay, no kicking, no kicking. So I sat there, want to ask me how long I sat there?

Warwick Schiller ([01:34:10](#)):

How long did you sit there?

Mary Corning ([01:34:11](#)):

Seven days. And I think that's pretty good. I remember Tom, I asked Ray to wait and Ray says, what am I waiting? How long do I wait? And Tom goes, well, I waited seven years once, but when she moved it was her idea. It

Warwick Schiller ([01:34:35](#)):

Was her idea. Yeah. So you were talking earlier, very early on about being led on this journey by horses. And you probably know the story about me that I got this horse that my wife bought this horse that I couldn't

Mary Corning ([01:34:52](#)):

Sherlock.

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

Yeah, Sherlock. And Sherlock was shut down and Sherlock is the one that made me aware how shut down I'd been, et cetera, et cetera. So I didn't do anything with Sherlock for a number of years because I wasn't sure how to start over again with him. I didn't want to mess it up. So I'd rather not go there than, but anyway, when I first started back writing him, the thing with him, he'd been asked a lot all the time because he was so talented. And so when you're really talented, people expect you to give a lot. And so he was in his head and I got him out of his head on the ground, but I'm pretty sure that when I go back and start writing again, as soon as you get on, he's going to be like, oh, not this shit.

Mary Corning ([01:35:36](#)):

Yeah, it's different up there. It

Warwick Schiller ([01:35:41](#)):

He'd had a lot of interactions with me on the ground that were different than all these formative interactions. And so it was changing his mindset about that. But he hadn't had any writing experience. It's a little bit like people say, well, they do this in Australia a lot. I dunno if they do it in America, but they get an off the track thoroughbred who has had a lot of suboptimal interactions with humans and then they go, I'm going to turn him out for six months. So he forgets about all that. If they don't see a human for six months, they still have exactly the same opinion of humans. When they see him again the next time what they need is six months of different interactions. So anyway, he'd not had any new interactions under saddle. When I first started riding him, I got on him and sat there and I did that. I

Mary Corning ([01:36:26](#)):

Didn't ask anything of him.

Warwick Schiller ([01:36:27](#)):

I sat there and he kind of held his breath. He just kind of stood there, held his breath, I bet. And I sat there until he finally, and then I was done and I would get off. And I did that for about five days. And I didn't start actually doing anything until I got on him one day and I got on and 10 seconds later he went, and then I had a different horse on the saddle. Then I could start actually communicating with him because any type of communication to him would have been, you're going to ask me to do stuff. It's all about you want something from me. And by the time I started communicating with him, he was ready to be communicated with because he wasn't holding his breath. So yeah, talking about five days, I discussed that him for five days. Yeah, yeah. But that five days is not a wasted five days. That five days is

Mary Corning ([01:37:23](#)):

The most important side of the whole thing. And I learned more than she did. That gave me my practice of walking my talk. It's all about me. Grace is my teacher.

Warwick Schiller ([01:37:41](#)):

Once again, I'm not sure if you're talking about the horse or not. I

Mary Corning ([01:37:44](#)):

Know I did that on purpose. Actually,

Warwick Schiller ([01:37:48](#)):

You're beating me now, aren't you? Okay.

Mary Corning ([01:37:51](#)):

Alright.

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

Are you ready for some questions? Yep. Okay. If you could spread a message, one that people would listen to, what would it be? Or your favorite quote or both.

Mary Corning ([01:38:07](#)):

Or both? The message, it's really not that difficult. That simple Ray Hunt would say. I don't know if this is my favorite. I mean, when I wrote the book, I put 125 ray quotes in it, but Carolyn made me get down to 25. She said it was my book, not his, but one of 'em is. He said, can you do less? That one rings in my head every day. And I thought I knew what doing less was like you said, I thought I knew what doing less was. And man, there's it just goes and goes and goes. So what I've come to understand and what I'd like to share with people is to slow down and don't, you can hurry slowly. That's an Eckhart Tull quote. You can move your feet fast. Just like with a horse. You might want to speed the life up, but you don't want to speed their mind up. You want 'em to have that level and that can be done to create the most blissful life you can imagine is when we will just not take the world personally.

([01:39:35](#)):

Every problem is personal. Everything that we resist is because we think it's against us or we've either done something wrong or somebody else has, or it's not the way we want it to be. But if you remove the personal, you're not dead, just try it. You can do it like that. I mean, direct path. That's what I said. The personal is the identity. And as Muji says, the I entity I this, I have a horse, I have a job, I have a house. Oh my God, get rid of it. Don't put a label on it and feel it, experience it. I always say, don't believe me, try it.

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

This is not a textbook. This is life. And it's much more simple than anyone ever told us. And one thing I said to a client recently when she was saying, I have so much healing to do, and I don't know if you're going to get this, but she did. Thank God. I leaned in and I said, there's nothing to heal. It's all a memory. It's all thoughts. It's all perception. It's not real. Try to go and find that person. They don't exist. It's just a belief, a thought believed in can start a war. And that's what I want people to know. Start here at home. Don't try to fix something else outside of you. Get this good and show it. Oh, I was going to say that if I can't, just real quick about Ray being in my heart, when I was feeling sad about Carolyn, Ray came to me in my heart and he said, show her. Don't tell her. And that's what I want to do with life. I'm not telling anybody anything, but I'm going to show you how good it is, and I'm showing grace. So to put it in a nutshell, it's more simple than we make it out to be. And I'll be a model of that simplicity every day. I live for the rest of my life

Warwick Schiller ([01:42:32](#)):



Outside of that. The next question is, that's an unusual habit you have.

Mary Corning ([01:42:39](#)):

Oh, I remember that one. Let's see. I won't settle. I won't settle for less than freedom than complete release. I won't settle for kind of getting by or a little less resistance. I want to go all the way.

Warwick Schiller ([01:43:11](#)):

What do you feel your true purpose is in the world?

Mary Corning ([01:43:16](#)):

Love. Next question.

Warwick Schiller ([01:43:22](#)):

Next question. What quality do you admire most in people

Mary Corning ([01:43:29](#)):

Willingness, and it's the same for horses. If I am interacting and there isn't even a essence of willingness, then it's pretty hard. Kind of like you were saying about Sherlock. And so if I can just find that little bit of will in somebody, I'll run with them. I'll be their support the rest of my life, but I can't do it for 'em. So I think it's the holy grail. I wrote a chapter about it, actually,

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

A whole chapter, and I think there's one question. Oh, okay. Yeah. And you've probably answered this one a lot of times by the time people get to this question, they've already answered it, but what's the, excuse me? What's the most worthwhile thing you have done with your life?

Mary Corning ([01:44:45](#)):

Be authentic. Follow my heart. Don't let 'em tell me can't.

Warwick Schiller ([01:44:57](#)):

That's pretty good. For someone who wrote a book called Perfect Practice a Philosophy

Mary Corning ([01:45:03](#)):

I

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

Transparent Life. So tell us, where can people find your book?

Mary Corning ([01:45:11](#)):

Well, I sell it. You can contact me@marycorning.com. And of course, it's on all online bookstores. Amazon, of course. And every other major bookstore.

Warwick Schiller ([01:45:28](#)):

Is it an audio book

Mary Corning ([01:45:30](#)):

As well? Oh, I'm so glad you asked that. So we're starting production this week.

Warwick Schiller ([01:45:39](#)):

Okay.

Mary Corning ([01:45:39](#)):

Yeah. So please, please. I think we'll launch maybe around August and there's going to be a whole big exciting fanfare because this is something I've wanted all along. And it was just, as you know, publishing a book is really a lot of work, or it can be. And so at the time we couldn't pull that off, but we've thrown our hat over the fence now, so we're going to do an audio.

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

That's very cool. I think you can convey emotions, you can convey more with the spoken word of the same things. I've listened to Green Lights by Matthew McConaughey, so it's Matthew McConaughey's story. No, but he reads it, and so it's Matthew McConaughey's voice. All right. It's his phrasing like he'll speak a sentence, then he pauses, and you don't get that when you read it. It's just the words.

Mary Corning ([01:46:58](#)):

And he's an actor. He's probably good at that. I'm going to read my own. Very good. I'm reading my own and I'm a good reader. I've done some videos. One day I just got spontaneous out on the deck and did a video of reading an excerpt, and the horses came by and we're tearing up the place and blowing and all the background. It was great. But we are hiring a producer to get rid of the background noise, I'd just soon be outside as anywhere, but I probably can't get away with that on recording.

Warwick Schiller ([01:47:33](#)):

Yeah, well, it's hard. You have a really good microphone that picks up your voice really well, but also picks up the wind or those sorts of things. But yeah, it would be great to record outside. Okay, so [marycorning.com](#), is that correct?

Mary Corning ([01:47:48](#)):

Yeah, [marycorning.com](#).

Warwick Schiller ([01:47:50](#)):

Okay. And what about social media? How do people find you on social media?

Mary Corning ([01:47:54](#)):

I have my professional Facebook page, which I have a personal one too, and that's public. But really I'm transitioning most of my work to the professional page. And that is at Mary S, the initial S as in Sam, Mary ss Corning at Facebook. I don't know, there's a link. Maybe you can put it up.

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

I can put it in. Yeah, we can find it and put it in the thing. What about any other Instagram?

Mary Corning ([01:48:27](#)):

I have a YouTube Twitter. No, God, I am really, so it's like my husband tells me I'm the talent and he's the brains. We are. The technical element of life really gets past me. But I love Facebook a lot because it's given me a place to land the message. And I've just started YouTube, but I'm not really proud of them yet. I mean, I will be, but like I said, I'm an open book. It's very organic. I'm out there in the rain boots in the barn, and you'll see one of them. I put the snow fell off the roof. There was a landslide came off the roof, and I had all four horses in there. And so I put that up. So I haven't really done a lot of this. Well, I'll tell you what though, on the website, there's tons of blogs and there's all the podcasts and radio and everything. That's probably the best hub is on the website. The website.

Warwick Schiller ([01:49:39](#)):

That

Mary Corning ([01:49:40](#)):

Is gorgeous. Yeah, my husband does a beautiful job there.

Warwick Schiller ([01:49:43](#)):

Awesome. Perfect. Well, thank you so much. It's been an honor to chat with you. It's been two hours,

Mary Corning ([01:49:53](#)):

Which isn't too bad for me. I mean, that's kind of what it takes.

Warwick Schiller ([01:49:58](#)):

Yeah, most of my podcasts are about two hours long, so good. Thank you. The parting comments before we go,

Mary Corning ([01:50:08](#)):

Thank you so much for all that you're providing the world. It makes a difference.

Warwick Schiller ([01:50:15](#)):

Oh, thank you. Thank you. And you're a part of that. So thanks for joining me and for you guys at home, thanks for joining us on another episode, and we'll catch you on the next episode of The Journey On Podcast. Podcast.

Speaker 1 ([01:50:26](#)):

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.