

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

Good day everyone. Welcome back to the Journey on podcast. I'm your host, Warwick Schiller, and on today's episode, I interview a lovely young couple I met in Australia named Matt and Jesse Wolf. I met them at a horse expo in Melbourne called ecu. I went there right after the journey on podcast Summit. My son Tyler and I went there and they have an amazing story to where Matt started as this rough, tough, outback bloke sort of thing. And Jesse was a self-confessed hippie chick from the city and they ended up getting together through mixed martial arts, funnily enough. And then from there they've gone on a journey of, I guess personal development and self-discovery that has included horses and it's ended up where they're both getting their psychotherapy degree so that they can do equine assisted therapy, and that's where their passion really lies right now. So the story of these two from where they've come from, Matt coming from this tough, rough, tough, outback bloke who now is getting a psychotherapy degree. It's a pretty cool story, lovely couple, and I can't wait for you to hear their story. And I hope you enjoyed as much as I did.

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

Matt and Jesse Wolf, welcome to the Journey on podcast.

Matt ([00:02:05](#)):

How's

Jezezy ([00:02:05](#)):

It going work? Hi.

Warwick Schiller ([00:02:08](#)):

What I want to do is start out this podcast. Let's talk about what you guys are doing right now, and then I want to get the backstory of how we met out. That's a funny story. And then I want to get the backstory in you guys, because when I met you guys, it's like, well, that's a really, really cool story about how you got to the point you're at now. So you guys are situated in southeast Queensland just outside of Brisbane, is that correct?

Jezezy ([00:02:32](#)):

It is, yeah. So we are just about 45 minutes west of Brisbane and we are on a little bit of dirt that we call Wolfpack Ranch. And yeah, we do all sorts of weird and wonderful stuff here.

Warwick Schiller ([00:02:45](#)):

And so the weird and wonderful stuff you are doing is you're starting to get into equine assisted therapy. Is that correct?

Matt ([00:02:52](#)):

Yeah, so at the moment we're both studying psychotherapy and then we're going to add the equine assisted therapy and equine assisted learning component to the course we're doing now. Basically to try and help people instead of being in an office, talking to a counselor and being closed off from nature, we want to try and get people outside, reconnect with the earth, reconnect with animals, reconnect with themselves and help them by using horses and other animals that we have on the farm to start the healing journey for people. So I suppose our main goal and the doors for that will be open at the end of next year, but we also do,

Jezey ([00:03:43](#)):

So we have a farm stay here, so we get a lot of individuals and families from all around, even quite a way up the coast, coming to sort of spend some time, they hang out with the animals and do all sorts of bits and pieces. A lot of people, the little cabin has two doors that flick open to a couple of horse paddocks. And when we had the space originally, I was like, oh, they're just doors. No one will ever use them. So I didn't bother even making them highly functional. And it blows my mind how often people just open them and sit on the stairs there and just sit in the sun and just kind of watch the goings on around the farm. It makes you realize how much we take for granted, the space that we have here and the day in, day out, things that seem very normal for people that come and stay for them, it's like this meditative process of just sitting in the sun and just watching farm life take place. And

Matt ([00:04:35](#)):

Then when they leave the doors open, the sheep and the pig

Jezey ([00:04:37](#)):

Go in and hop into bed with them, climb in

Matt ([00:04:39](#)):

And walk

Jezey ([00:04:40](#)):

Through the cabin, which is not great. Odin our house pig, what does he weigh? 80. He'd be like a chunky 80 kilo pig. And he's not got, he doesn't know is not in his vocabulary, so if you try and advise him, he has to get out of the bedroom. It's like moving an 80 kilo dead weight out. But yeah, so that's always hilarious for people. We do N D I S work, which is a program we have in Australia here that supports people with different kinds of disabilities, access community things. So we take quite a few young people who are neurodivergent and their families are struggling a little bit with their intensity every single day. So they come and they spend a bit of time here on the farm with us and gives their family a chance to kind of recalibrate and gives them a chance to come and spend time with nature and do stuff that they wouldn't normally do. And it's amazing watching them transform, interact with that over a couple of days here with us. They come on the first day and the child that leaves on day three or day four is very, very different, which is really cool to see and a lot of fun.

([00:05:48](#)):

And then we've got some event stuff that we're working on around getting different farms in our community together to do sort of touring healing modalities where people will have the opportunity to access different, whether it be sound healing or acupuncture or kinesiology, things that are typically

delivered in a room with four walls but are rooted in nature and energy and an opportunity to go out and be in nature while experiencing those things. So yeah, we've got little weird stuff like that that we're working on.

Warwick Schiller ([00:06:17](#)):

I don't think that's so weird. So you're both getting a degree in, what did you say it was?

Jezezy ([00:06:26](#)):

Counseling and psychotherapy? Yeah, counseling and psychotherapist.

Warwick Schiller ([00:06:29](#)):

But you're already doing the N D I S stuff, which means yes, you must have something else going on there.

Jezezy ([00:06:37](#)):

I mean, we obviously both have different professional backgrounds, so we have our own businesses and stuff that we run, and then I'm registered for N D I S S support, as is Matt. So yeah, to be able to do that ironically actually requires very little qualification, blue cards and checks and all those safety checks and measures. But that was just a program we kind of built because we saw a need for it and now people access it and love it, which is cool.

Warwick Schiller ([00:07:02](#)):

That's cool. So right now what I might do is talk about how we met at a horse expo in Australia, but then I want to talk about you guys, your journeys from how you've got to this point. I think it's one of the more fascinating stories I've heard, and I've heard some pretty fascinating stories. So few listeners at home recently, I was at a horse expo in Australia, and what I have noticed in quite a few years now, let's say before the podcast, I'd be at a horse expo in the booth and someone would come, usually a lady would come up to the booth 99% of the time it would be a lady and she'd come up to the booth and she'd have a look on her face. That's kind of fan girlish, but it's not fan girlish as in adoration. It's almost like admiration.

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

It's like I can tell because after they've told me enough of their stories, I can tell there's something I have done somewhere that has changed their life in quite a positive way. And so there's this look that people get when they come up to the booth. I know they're going to spit out, oh, I just want to thank you so much. You changed my life, you helped me with my horse, and that made me look at things differently. So there's a look about it, but I never have men do that. So I'm an e equitana in Australia and I'm in the booth. There's people walking by and this couple walks by and the Ladd, this is Matt and Jesse, and Matt's a big strap and Ladd, how tall are you? Six what? Six four. Six foot four. And built, as we would say in Australia, built like a brick shit house. And so there's big strap and Ladd, and he walks by and he turns, and when Matt looks at me, his face lights up and his eyes light up. I happened to be looking at him, right? You looked at me. So Matt, I was looking at you before you looked at me and you had a look on your face, but as you looked at me, it completely changed and I'm like, whoa, what's going on here? Because big old farm boy here is about to tell me a story about

([00:09:10](#)):

Something or other. And so then you guys came over and introduced yourselves and we had quite the chat and it sounds like I'll give the short version. And Jesse, you can probably give her the proper version. Talking about basically Jesse said she was a hippie chick from the city who got involved with this rough macho boy from the bush. And he was in your terms, breaking in horses. I don't really use that term, but he was breaking in horses and you said, Hey, you need to listen to this guy's podcast. There's kind of a different way of doing things. And Matt's like, nah, I'm good. And then Matt was into mixed martial arts, so m m a, and luckily enough, I had an m m a guy from Australia that actually knew on the podcast who was Brendan. And so then you got him to listen to that episode and it sounds like he's listened to a number of other ones since that's the short version. But why don't you give me the version of that, whichever one of you wants to tell me the full story because it's a great story.

Jezezy ([00:10:15](#)):

Yeah, you've just described, I met Matt, I did a big life change in order to move to Queensland and start a relationship with Matt. We met through fighting. And so yes, Matt was a big burly dude that fought. But when we started chatting, we both established that we were both really into animals and we both loved horses. And I was like, tick box, tick box, tick box. He's tall and he's handsome and he's rugged and he can beat people up. Is there anything a girl's not asking for? Anyways, he looked great ass in a pair of wranglers, so many tick boxes. So next minute, I'm living in Queensland, and yeah, we are on a farm and we've talked about getting horses again. I come home one day and Matt's got this paint horse in the paddock and he's like, Hey, you bought a horse, which has now happened many times since, but this was the first of many of those conversations and I was like, okay, cool.

([00:11:06](#)):

What's her story? And she's like, oh, he's like, oh, she was a rodeo horse, but she didn't buck enough. So she got fired from the rodeo and she's kind of gone from home to home because no one can really get their hands on her and can't catch her in a paddock and all stuff. I'm like, cool. First horse babe. Nailed it. Inevitably, that resulted in Matt explaining to me that how it's done is you throw a saddle on them and you ride the buck out, which would be all well and good, I suppose, if that was your jam. It made me a little uncomfortable, but at this point I hadn't broken in a horse, so I didn't really know to argue with it, and he did exactly that. But we did it in a paddock with no round yard and no fences, so it wasn't glamorous.

([00:11:45](#)):

There was a lot of swearing and it just didn't feel right. So it inevitably meant that I'm in the household so straight to Google, there needs to be a better way to do this. And I'm researching, I'm researching, I'm finding there's other ways to do this, and then all of a sudden there's this guy and he's got these videos, and I was like, this feels a bit better. I'm like, Hey babe, maybe we could do this a different way. There's some other approaches. And then we ended up with a couple of wild Clydesdale cults and that continued this kind of, Nope, we'll do it this way, we'll do it this way. We

Matt ([00:12:20](#)):

Upgraded to a roundout.

Jezezy ([00:12:21](#)):

We had upgraded to a round yard by then made of bamboo at one point that we harvested from the garden, but eventually a metal one. But again, it was still really cowboy is probably the only way. It wasn't great. Anyway, so yeah, I'm like, no, there's got to be this guy. Maybe watch some videos. Can

you just humor me and watch like whatever. No, I got this. I was a ringer. This is how we did it out bush. I got it. And then obviously the podcast started and I'm kind of going off like this with all the different horses that are coming through the farm and I'm matching steps and having conversations with horses. And Matt's like, it takes you a really long time to put a saddle on a horse babe. And I'm like, well, I'm waiting for a yes. And he's like, cool. Could have gone for a road and been home and slashed a paddock by now. And I'm like, I'm waiting for a yes. He's like, whatever.

Matt ([00:13:12](#)):

So basically growing up on being a ringer and add-on stations, you get the two and three year olds in that haven't been ridden, they're ready to get broken in, and you've got to get 'em ready in a week to go back out and start mustering. So it is just put a saddle on you ride until they stop bucking, and then you put the brakes on, you put the steering on, and then you just wet blankets. It's just you're out in the paddock, just hours and hours and hours and hours, and at the end of a week or two weeks, you've got a horse that it's not great, but they go, they stop, they turn left, they turn right. And I wasn't open to a different way of doing it,

Jezey ([00:13:51](#)):

But then yeah, eventually you had Brendan on and I was like, all right, we've got common ground here. You were like, humor me with this, and then all of a sudden listen

Matt ([00:13:59](#)):

To it.

Jezey ([00:14:01](#)):

And I mean, there were multiple things happening concurrently in our life, and I think they were complimentary to this zero moment of truth where he was like, okay, we

Matt ([00:14:13](#)):

Will a fork in

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

The road, we will dip a toe. And then it was a whole foot and next minute we were taking an ice bath in it. But I don't know, I think that's the nuts and bolts of it really. Pretty much. Yeah.

Warwick Schiller ([00:14:29](#)):

So Matt, you listened to Brendan O'Reilly's podcast and the thing I'd loved if you guys at home, if you haven't heard Brendan O'Reilly's podcast, he is an Australian lives in Texas now and was an m m A fighter and actually went to Las Vegas fighting in the U F C. And how I met, it was really interesting how I met Brendan is I had someone from Texas ask me to be on their podcast. It's a horsey kind of a podcast, and it's about mindset. And I was talking to this guy on the phone and he said, yeah. I said, yeah, I can do that. And he goes, oh, and my co-host is an Australian. I'm like, oh, even better. And they said, yeah, he's a U F C fighter. And I'm thinking, oh no, some meathead aggressive Australian who does not look at the world the way I look at the world, this is not going to be fun. Well, turns out I get on this podcast and Brendan O'Reilly's the co-host, and not only is he not a meathead, he is into horses, I've watched a lot of my videos, kind of sees the way they see the world, and I ended up having him on my podcast and I

think at the start I said something like, you're the archetypal warrior poet. He's like Patrick Swayze and Roadhouse sort of thing. Reed's philosophy and very

Matt ([00:15:49](#)):

ELO spoken.

Warwick Schiller ([00:15:50](#)):

Yes. Yeah, just a well-rounded human being. So Matt, it sounds like your first foray into some of this stuff might've been listening to the podcast with Brendan. How far removed from your reality was the way that Brendan was looking at the world when you listened to that podcast?

Matt ([00:16:14](#)):

Like Jess said, there was a few things that were sort of starting to change the way I was looking at the world minus all of those things. It was like a 180 back flip. It would've been running forward stopping and turning around and running back out of the way. Just I had no idea that these horses with these sentient beings that just had their own voices and their own energy, and I can't even explain how bad I feel learning all the things I know now to how I used to treat and didn't treat them badly, but use them as you're a work tool. It's like going to the shed. You get a tractor to slash the paddock you go to the horse pen, you pick up a horse, you put a saddle on, you go on must up. I didn't see them as an equal. So yeah, starting to listen to that podcast, it sort of just really, it started me on the journey to look at horses as not something to use, if that makes sense.

Warwick Schiller ([00:17:16](#)):

Yeah. And so Brendan's was the first one you listened to. Do you recall the next one you listened to?

Matt ([00:17:23](#)):

I don't recall the exact next one, but I think I've listened to pretty much, well all of them because I drive a lot for work sort of out because Australia Queensland's quite big and spread out. So with one of our businesses, I do a lot of driving to different houses to work on home. So hours in the car a week and it was just podcast, podcast. Some

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

People binge Netflix, we'd

Matt ([00:17:45](#)):

Binge audiobooks and podcasts. So it was just one after the next, which then led me down to the soul. And it was a lot of different, one podcast would lead me to another podcast and then that one would lead me to another one. Really got to connect with the energy side of things, your soul, the purpose of the soul, just really wild and wonderful things that I think fundamentally changed who I am as a person.

Warwick Schiller ([00:18:19](#)):

Do you think it changed you or do you think it allowed you to reveal more of the real you?

Matt ([00:18:36](#)):

I'll go a bit woo here for a second. Please Do. I think that everyone obviously has a soul, and I think that our souls have amnesia when we're born and when we pass away, I think our souls go to a collective area where they can sort of defrag for a minute, download all the things they've learned in the previous life, and then they can make a decision or a choice on what path they want to go down next. But I think there's a thing that happens that when they go, yep, this is the meat suit that I'm going to be put into and this is the journey that I'm going to go onto and this is what I need to learn in this life. But when we're born, we lose it. We lose what we thought, what our purpose was, we forget the amnesia. The soul just basically has amnesia and we have to try and relearn what our journey needs to be. And I think listening to different podcasts, getting out of your head, doing ice baths, meditating, helps put those pieces back together for your energy and your soul to know what it was meant to do in this life, if that makes sense.

Jeze (00:19:56):

When you described it to me originally, this idea, it was like when you are having a conversation with someone and you're trying to recall a name, and it's right there, you know, it can see it in your inner mind, it's right on the tip of your tongue, but you cannot for the life of you get there. Or if you wake up from having a really vivid dream and it's in your brain and you're try and describe it to someone, but those words just don't exist. It's like that sensation for our soul until potentially one day something happens and all of a sudden it's that moment when you wake up at 3:00 AM and you remember the name, but the conversation was two days ago, and it's no longer that helpful except it is helpful. So it's that feeling, but then all of a sudden something goes, yes, that's what it was. The door opens, that's why I'm here.

Matt (00:20:39):

The door opens that little bit and you get a sneak peek of what you are meant to do. And then from there, it's up to you to keep going down that journey and just keep pushing doors open and staying on that path of reconnection with self, if that makes sense.

Warwick Schiller (00:20:59):

Yeah, it makes total sense. What you were describing Ingo, about the way you look at it, where the soul has amnesia when it's born and then when it dies, it gone, downloads all that stuff, and then it takes its next meat suit, as you said, but it signs up for the next journey. And it's a very, I think, Buddhist way of looking at it. I think the Buddhists look at it to where, have you ever heard of the bar? You know what the bardo is?

(00:21:32):

No. The Tibetans say that when you die, you are a soul without a body, and you spend 49 days being a soul without a body, and then you come back in your next incarnation. And it's interesting, that 49 day thing, because, so I've read a book called D M T, the Spirit Molecule. I dunno, have you ever read D M T The Spirit Molecule? But we know what DMT is. Yeah, we heard the book, you know what DMT is. But so D M T is the world's most powerful hallucinogen, and it's in this book, it's called D M T, the Spirit Molecule. When you access large amounts of D M T, it's like, it's like your connection to the spirit world in your body. Apparently the pineal gland, which rests on the roof of your mouth when you were born, you get given this huge dose of D M T, and when you die, you get given this huge dose of D M T.

(00:22:35):

But there's D M T in everything we eat. There's D M T and spinach, there's D M T and broccoli, everything has a bit of D M T in it. And where am I going with this? So the pineal gland, which produces D M T, it forms on day 49 of the fetus, and I think on day 49 is the day you actually decided my male or female too. But anyway, when I read that D M T, the Spirit Molecule book, it was written by a guy named Rick Straussman, and he got permission from the US government to do scientific studies on D M T with people, and it was a big old circle jerk. He had to get approval from the F D A, which is the Food and Drug Administration, the D E A, which is a drug enforcement agency, and the surgeon General or something or other, he had to get permission from all three of them.

[\(00:23:36\)](#):

And the D E A said, I'll sign off on it if you can get the F D A to sign off at it. And the F D A said, I'll sign off on it if can get someone to compound human grade D M T. But in order to get someone to compound human grade D M T, he had to get the surgeon General to sign off on it. And so everybody said yes, but he got to get the other guy to say yes first. And it was a three-way circle joke. Anyway, he ends up getting the permission to do it. So they get this human grade compound, D M T compounded, and they do placebo dose, low dose and high dose D M T studies on a lot of people. It's a fascinating book to listen to. But what was really interesting was everybody that had high dose D M T experiences, their stories that they had when they came back from that experience correlated very, very closely to the experience people have with alien abductions.

[\(00:24:43\)](#):

Oh, wow. And very, very closely. And most alien abductions occur around three o'clock in the morning and three o'clock in the morning is when your body produces the most D M T that it produces normally. And I also think that most people that had an alien reduction experience was three o'clock in the morning and they'd been under quite a bit of stress, I think. But anyway, in the end of the book, he talks about he can give someone a narcotic blocker so they can take a narcotic and it doesn't affect them. Well, you can also give someone a psychedelic blocker to where you can't have a psychedelic experience. And they did an experiment with people giving them a psychedelic blocker. And when they did, they basically had severe depression. The world was black and white, it was shades of gray, there was no color. It was basically severe depression.

[\(00:25:45\)](#):

And so in the end of the book, he said, so what I think is, so think about right now, let's say you had a radio in the room with you and you turned it on, you could tune it to an FM station and listen to it. And those waves, those FM waves are going through the room between you two right now and you can't even see them, but you could pick it up. So in the end of the book, his basic thing was that we have a certain amount of D M T in us all the time, which allows us to tune into channel normal. This normal life that we live is because we have a certain amount of D M T Inness. If we have no D M T in us, we tune into channel blur. Life is blur severely depressed, and there's no real color then.

[\(00:26:33\)](#):

But if you have excess D M T, you tune into channel Abnormal, which is here. That channel is here among us. We just cannot tune into it because it's like that FM radio station. It's kind of like dogs can hear more on the sound range than we can. We can only see certain amounts of light, whereas other animals and stuff can see further along on the light spectrum. So yeah, reading that book, and I think about the same time I read that book, I read the Tibetan Book of the Dead, and they talk about the bardo, the 49 days where your soul exists without a body before it embarks on its next journey. And then reading that one, he was saying that the pineal gland develops at day 49. So it's almost like the way I looked at it's, it's almost like when someone dies, someone else is conceived at the same time and 49



days later that soul has downloaded its stuff and it goes, okay, that body, I'm going over there. And this might sound completely crazy, but just when you said that, Matt, it was like, oh yeah, it sounds a bit like the way the Tibetans look at stuff.

Matt ([00:27:52](#)):

Definitely. And I think that we have to look after our pineal gland. I think there's a lot of diet and exercise and stuff like that, that if we don't do it and we're sedentary and we drink alcohol and we do different types of illicit drugs and have a poor sleep regime, it can really start to calcify the pineal gland, which limits its release of the D M T, which could lead to why these

Jezeq ([00:28:18](#)):

Days, based on what you were just saying, makes so much sense about they become so gray and dampen,

Matt ([00:28:22](#)):

So gray and dampen. They just, I dunno what studies or if there's been studies that have been done to look at that, but I think that could be something that would be helpful for people in the setting that we're going to try and help people in giving them regimes to try and get that pineal gland maybe producing more of that normal range of D M T to help 'em feel better.

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

But there's so many, even looking at, there's so many things in life now where there's these old stories from old cultures, the 49 days, and all of these things, which through the filter of modern worlds and science explaining everything, we're like, oh, it's just like old world fairytales. And it's just the stories and all those things, which if you give it clout, then for you, it's very real. But for so many people, they go, oh, no, no, they're just old world stories. They don't know anything. Science knows the answer, but then all of a sudden science explains it. This event that happens at day 49, we've clinically proven it. And then all of a sudden people go, hang on. Maybe there was something in this 49 maybe. Okay, there's so many things, old wives tales, which we know, even the old wives tale, oh, I feel it in my gut. How many times have we said that, girl, I feel it in my stomach. Something's not right. We never really give it clap. But then all of a sudden they go, oh, hang on a minute. Your gut brain are intrinsically linked. And you literally, if you feel it in your gut, there is a communication pathway taking place and it's real. But for so many people, it was just an old wife's tale until all of a sudden science was like, no, no, no, that's real.

Warwick Schiller ([00:29:56](#)):

And I think maybe the term guts, someone not having any guts usually linked to bravery or courage, things like that. It's almost those people ask me how I know don't have access to their root chakras like that, especially that gut chakra. This stuff blocked in there. That conversation went uphill. I was going to say downhill, but now let's say it went uphill in a hurry. Right there. I want to get a bit into you guys background because the journey that you guys have had. And so we're going to kind of do this individually, and we'll start out with you, Jesse, you had told me I was kind of a hippie chick from the city. You said you grew up in Queensland, then moved to Victoria and then moved back to Queensland. Is that what happened?

Jezeq ([00:30:53](#)):

Yeah, so I am originally from probably about an hour and a half from where we are now. And then my parents separated and we moved into, they've got rid of the farm and moved into a townhouse and then moved to Brisbane. And then as soon as they finished school, I got the hell out of Dodge and went to Melbourne and spent 10 years there nearly and was held bent on never coming back to Queensland. I knew that I wasn't built for living in the city, but I wasn't totally sure where I was built for living. And so I was just kind of doing the thing in the city down there, working in running marketing consultancies and stuff like that. And then I started Brazilian and through that,

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

Let's talk about that because there is, you guys met through martial arts, and I want to, we did, I want to ask you, what was your lead into Brazilian? What was the calling, why did you decide to do that?

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

So this is super embarrassing, but I used to always watch movies where there would be a Russian spy and there's ripping hot heroine who could kick ass. And I was like, I want to be just like that when I grow up, but I'm a hardwired scaredy cat. And the thought of walking into fight gyms are really scary places. So the thought of walking into a fight gym, and this was before martial arts became really accessible. They are now, they were still big, sweaty places with stinky burly dudes and not a lot of women were seen. So Annette was like, no, can't do that. And then I ended up in a relationship that turned south and ended up quite violent and had a really ugly ending. And at that point, there was a particular moment when violence was occurring, and it was like, it's like when somebody goes south on a horse, it's like time stops for a split second and you have really these weirdly rational thoughts.

([00:33:04](#)):

And I was having this one of those moments going, I don't want to fight back because I might hurt this person. What if I hurt them? I am a girl. Girls aren't allowed to fight and hurt people. And then anyway, the events unfolded and whatever happened happened. And it stuck with me. I was like, what the, I dunno if I'm allowed to swear. Sorry, what? On earth that is just, why would you think that? That is ridiculous? So as fate would be, I met another guy who had a fight background as well, and he was like, you should really come and try jujitsu. I'd always thought I wanted to do boxing or Muay Hai. And he's like, I think he might really like Jujitsu, come and give it a try with me. And I did. And anyone that does jujitsu will tell you it is a rapid downward spiral once you are in hook line and sinker and it becomes like an obsession.

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

And it did. And I was there every day religiously training. I had a really amazing gym and an amazing professor that was really steeped in its lineage, which for me really resonated. And yeah, I never looked back. And now it was such an incredible lesson, being able to go, we teach women and we teach girls to play nice, we never learn that you can hit another person and they don't break as women. We think, oh, if I push someone or I hit someone or something like that, they might break because that's what we're taught growing up. But then all of a sudden I was like, I can really hurt someone before that. A person bends a long way before they break. And so for me, learning Juujitsu was incredibly empowering and made me realize that you can always fight back. And now I'm incredibly passionate about telling every woman I meet, I'm like, just go.

([00:34:52](#)):

The most vulnerable place a woman can be on is on her back with a man on top of her. And if you know how to get out of that and get up and at least be able to run away, how incredible is that? And the flip

side of it, you might actually be able to kick some ass and defend yourself, but whatever happens, happens if nothing else, you will feel more confident in yourself and you won't. And probably not even end up in this situation. Exactly. You won't have that vulnerable energy coming in and putting you in predicaments. But anyway, sorry, I get segued through that. No, that's

Warwick Schiller ([00:35:22](#)):

Perfectly fine. I talk at clinics, helping people with their horses. I often talk about how the energy you bring to the situation, is it a timid energy? Is it confident energy? And I say I ask, has any women here ever taken any self-defense classes? And usually someone will put their hand up and I say, how do they tell you to walk in car parks late at night looking at the ground like scurrying from light to light? Or do they tell you to have a confident posture and look like you know what you're doing and that might stop you from having to defend yourself. And so I talk about that a bit with the horses. Not like you're trying to be something you're not, but the energy that you bring to the situation has a lot to do with how the situation unfolds. I want to ask you, you used the word empowered at the end there, and I thought that was really cool.

([00:36:28](#)):

Aside from the fighting part of it, the self-defense part of it, just the doing of it, do you feel like, and it doesn't matter what it is, let's say you never ever have to use it, but just the doing of it. Because the reason I'm asking this because when we had the podcast summit in San Antonio, Robin guided 12 people two different nights through an ice bath experience. And for them it was very empowering because they did something that scared them that they thought they couldn't do. And when they did it and thrived in that environment, they're like a different human. Is it something similar to that?

Jezezy ([00:37:11](#)):

It is. And when you say it's all well and good to walk through a car park and not present outwardly you're a victim. But if in your core that I may not be able to win, but I'm going to give you a bloody good run for your money and that that authenticity piece, we can walk into a paddock for horses and present big. But if they know you're small on the inside, they will still march all over you. So if you've got that big inside of you as well, so yeah, it's a hundred percent, it gives you this sensation of I can pretend I'm big on the outside, but I know that even if I can't win, you're going to have a tough time taking me down. And it gives you this sensation from the inside out going, there's not much that I won't do now for fear of being attacked or being vulnerable, whatever it might be, because I know that inside of me, I've conquered all of these things.

([00:38:10](#)):

What I like about M M A and Brazilian Jiu-jitsu so much is it's full contact sparring. So you go hell for leather and are genuinely trying to win. I want to say the words hurt the other person that is the objective of it. In a safe environment. In a safe environment, but they're trying to do the same for you. So you get to actually test it out. There's some martial arts that you don't get to do that, but you get to discover whether or not you can hold your own against 120 kilo man. And you get to see, you get to test it. And that sense of achievement at the other end, even if you didn't win the fight but you know held your own for five minutes and they didn't submit you or whatever it was, then yeah, it is much like conquering an ice bath or conquering anything that makes you uncomfortable. Anything that makes you uncomfortable in life. We have such beautiful, comfortable lives now. We don't have a lot of opportunities to be uncomfortable and jujitsu is very uncomfortable. And it does, it gives you this incredible sensation afterwards of going, fuck, it's not, sorry, I swear there's not much I can't do now.

Warwick Schiller ([00:39:19](#)):

Alright. Have you guys seen a movie called Stutz on Netflix

Jezezy ([00:39:27](#)):

Called what?

Warwick Schiller ([00:39:27](#)):

It's Stutz, S T ut? No. Is it? So it's Jonah Hill, you know the comedian guy? Yeah. I've seen him come up, him and his therapist, and he actually films his therapy sessions and his therapist has this abbreviated version of therapy. He wants people to be able to walk out feeling better than they walked in,

([00:39:52](#)):

Not six months of once a week sort of thing. And he draws his little diagrams and starts, the therapist actually has Parkinson's, so his handshakes as he draws his little diagrams. But one of the things he says, he talks about, once you realize that your life is going to contain pain, uncertainty, and constant work, things change. And that means, and I think it means not avoiding pain and not being scared of uncertainty. You just said, oh, we live these comfortable lives, these comfortable lives involve avoiding pain and avoiding uncertainty. You only want to do the certain things and you want to get to where you win the lottery and I don't have to work anymore. And he said, not having those three things is the recipe for depression, having certain, having no pain and getting to where you don't have to do things. The pain thing, it's interesting, we're talking about ice baths here. I read a book called Dopamine Nation a while ago. Have you ever read Dopamine Nation?

Jezezy ([00:41:10](#)):

No, but that's one that's on the list. Yeah, it talks about dopamine.

Warwick Schiller ([00:41:13](#)):

Well, you know what? The easiest way, you don't have to read the book, just listen to the podcast that Andrew Huberman about dopamine. You listened to the human lab.

Jezezy ([00:41:24](#)):

Yes.

Warwick Schiller ([00:41:24](#)):

Yeah. So listen to the one. He talked about dopamine, but that book and that podcast both say that you have a set level of dopamine and then you have dopamine spikes. You have the things that give you a lot of dopamine, but when you're not doing something that gives you a lot of dopamine, you have this set level, almost like your set level of D M T. Yeah, your set point and the more spikes of dopamine you have, which means the more really good food you eat, and let's say this bloody telephone, this phone we've got here, and you get bings and beeps and likes and stuff like that. The more you get dopamine, the more often you get it, the less your set level is. Your set level's a lot lower. We're not supposed to have dopamine all the time. We're not supposed to eat tasty food every meal.

([00:42:11](#)):

Okay? It's supposed to be just enough to survive on us. We're not supposed to have this glut of stuff. But anyway, in that podcast, he says, and then book two, the antidote or the way to raise your set level of

dopamine is pain. Pain exposure to painful situations, raises your set level of dopamine. And then it goes on to say that the ice bath is one of those things, and they talk about amounts of dopamine. And I think cocaine and sex give you the same amount of dopamine, whereas an ice bath gives you more dopamine than either cocaine or sex.

(00:42:54):

There's a four hour dopamine spike that you have. It feels like you, it six copies, it's more like your set level is raised up. It's not that spike that goes away. It just kind of stays there. So it's interesting about, but anyway, you're talking about the martial arts and get talking about that. And then it reminded me of this stutz thing of it's a movie. It's about 90 minutes long. We only watched the first 60 minutes of it last night. I had someone recommend it to me. And yeah, definitely worth, definitely worth looking at. And it's so interesting because you've probably heard me talk about it before, but Matt, have you ever read the book, the Masks of Masculinity by Lewis Howes?

Matt (00:43:40):

No. No. I've got a list of books that I've got from listening to you, and it's just I've been checking 'em off one after the other.

Warwick Schiller (00:43:46):

And yeah, that one. So Louis Howes talks about, because men, at least in the past in society, were told, you're not supposed to cry. You're supposed to show fear, all this stuff. And so we learn, we get taught to hide our emotions from a young age then, but when emotions come up, we develop these masks to hide them. So one's the aggressive mask. Okay, so I'm sure when you were fighting, you probably met some guys who that's their go-to. You say something that pokes me in my wounds, I'll wound you sort of thing. So there's the aggressive mask, there's the achievement mask. And in this book he says, a lot of CEOs are unhappy because they're just covering up their insecurities by being a c e O. Not all of them, but one he talks about is what he calls the Joker Mask. And the Joker mask is people who have learned to crack jokes all their life instead of when the serious conversations come up.

(00:44:50):

And in that, he says, there's a place in LA called, I think it's called the Comedy Store or something like that. And it's a place where a lot of big time comedians get their start. He has a full-time psychiatrist on staff, and he says, if you want to be a comedian here, you have to see my psychiatrist because of the fact you are a professional comedian, you're severely depressed, you have spent all your life cracking jokes to avoid the serious conversations. And Jonah Hill is a comedian and this bloody movie with him. And it's like, yeah, that's, that's exactly John Williams, John Candy. John Candy, what's his name? Farley Chris Farley, Robin Williams. Well, he talks about Robin Williams in this book. But you think about people like Chris Farley and Joer Hill who are probably overweight as kids, and of course overweight kids get a lot of shit put on 'em by other kids. And so you've got to have some way of deflecting that. And it's the joke mark. Anyway, it's fascinating, fascinating movie to watch. So we're up to your fighting there because you and Matt meet in the fighting. We did. So Matt, let's just stay there at the fighting stage now. Matt, I want to back up with you and I kind want to get your story up to when you met Jessey and then we'll go forward with your together story from there. But

Matt (00:46:27):

All right. Well, I suppose I left school at a very young age. I was about 14 school for me and I

Warwick Schiller ([00:46:34](#)):

For your Americans. He didn't say 40, he said 14, which in 14. 14, yeah,

Matt ([00:46:40](#)):

Year nine. And in order to do that, I said that I was going to tafe, so I signed up to go and do a tafe. So

Warwick Schiller ([00:46:47](#)):

TAFE for the rest of the world is technical and further education, so it's like trade school.

Matt ([00:46:52](#)):

So they were like, all right, you can leave school if you go to the trade school. But in the trade school, I did a certificate two in beef cattle production. And then part of that, I went for a couple of weeks. Part of that, we had to find work placement, and I basically got the newspaper called the Country Life, went through the ads and found someone looking for just a jackaroo to go driving. So I rang up, signed up, and basically didn't go back to tafe. It was only supposed to be out there for a week. And I stayed out there for months and months.

Warwick Schiller ([00:47:24](#)):

And how old were you at the time?

Matt ([00:47:27](#)):

I would've been 14 and maybe six weeks. So yeah, 14 and a half, say 14 and a half.

Warwick Schiller ([00:47:33](#)):

Interesting story, because I've been home twice this year to visit my parents and hadn't been home during Covid. So the first trip, which was back in June, kind of got me thinking about pulling the stories out of dad that I haven't got out of him before. And I learned that he very similarly. So he actually, they were on a big farm, probably 25 miles from town or something. And he actually moved into town during four, I think. So the fourth grade for Americans, and was living with his mom's sister, I believe, going to school in town. But then he went back out to the farm, I think at the end of that year. And you did, I think you done the fifth grade in town, moved back to the farm, and it was a one room farmhouse with, and he was the only one in the fifth grade. Oh, so he was the only one in the sixth grade. Sorry. He was the only one in the sixth class. And so he actually did the fifth grade again.

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

There was like four or five of them, but he was the only one in the sixth grade. So the teacher didn't teach in the sixth grade stuff. He did fifth grade again. And then when in sixth grade, his father sent him off to a boarding school, but it only lasted there a month before his father said, you know what? There's a drought and we're going to put the sheep out in the road. So dad came home and he sent, my grandfather, sent my father and his younger brother with, I don't know how many head of sheep out in the road. They had a cart, a horse and cart. It looked like a little covered wagon sort of a thing. And some dogs and some tinned beef and away they went. So yeah, dad went, drove when he was 15, like year two. So that's cool. So where'd you go?

Matt ([00:49:32](#)):

We were out near Gunda Windy. So we started Gunda, windy, went St. George Highway through to Mindy Gully, the old Iny Gully Pub, and then sort of back around to K mine and Chinchilla. There were cattle from a feedlot that weren't doing very well on the feedlot. There was a lot of the, it was the pink eye was sort of going through, so they're like, we need to get 'em out and just get 'em on the road.

Warwick Schiller ([00:49:55](#)):

So for the few guys from the rest of the world, so a drover, if you saw the movie Australia with Hugh Jackman and Nicole Kidman and Hugh Jackman's character was called, I think it was the Rover, I think was his nickname. But a rover in Australia is so when times get tough where there's not enough feed for you, cattle, sheep, whatever, farmers will hire somebody, a driver to what we call take that stock on the road. So they take them along the highway and graze them along the road, and they eat the grass on the sides of the road. So if you've ever seen a picture of Australia of people drive along and they come to a mob of sheep or a mob of cattle or something on the road, that's what they're doing there. And that's what Matt's referring to here is that's what a Drover does.

Matt ([00:50:43](#)):

So from there, that was my real first experience with horses. So we were on a horse for 12, 14 hours a day. And then from there I was like, there is not enough money to do this. I was a young fella trying to save up for whatever I was saving up for at the time. So then I found out that if you went to Ag College, you could get a degree, which basically started you off in different salary brackets for the position on a station hand and a jackaroo. So I went to Emerald Ag College for a year to get a degree to get paid more. At the end of that year, I realized that that was probably, I want to own a ranch, I want to own a property. I don't want to just work on one. So my father owned a metal fabrication business in Brisbane, and I rang him up towards the end and I was like, dad, can you apprentice me?

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

And he basically said, I've been waiting for the day that you asked to come back to be a boiler maker. So I left the farm work, left the properties, left the station. It is a lifestyle that I love so much. And to come back to Brisbane to try and get a trade, trade background, I suppose, to be able to make the money to then go and buy my own station was the driving factor for that decision. So came back to Brisbane, worked for the family business. I managed to get my trade done in three years. They normally take four, but because it was a family run business, I could do 14, 15 hours a day. And my dad had a lot of friends in the same industry. So instead of just doing one thing at one workshop, I was able to go to 20 or 30 different types of workshops and work from steel that's 0.5 thick, one millimeter thick, right through to a hundred millimeters thick of steel plate and all in between.

([00:52:38](#)):

Towards the end of that, I found a girlfriend and then moved to Mackay with her when I finished my apprenticeship, got married, had kids, and worked in the mines. And basically we bought a little 10 acre farm. And that's when I initially started to get back into horses and had a really good experience with the first few horses I got until the marriage started to not be fantastic. And I started to shut down with different things that went on, really started to put up walls. And looking back now, I didn't connect the dots back then, but it's the working with horses. When those walls were going up, something changed and I just wasn't getting the joy wasn't getting the fun, and the horses weren't responding to me the same way that they had been. Fast forward, I think it was eight years that marriage ended, and I moved back into Brisbane and started working for the family business again. And basically you started fighting up? I started fighting, sorry. Yeah. So I started fighting towards the end of our relationship with my first

wife, and that was a bit of an outlet. I was unhealthy and overweight, and I just wanted to try and get fit. And then from the fitness side of things,

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

So it was more for the, it wasn't about the fighting part of it, it was about the fitness part of it that drew you into it

Matt ([00:54:15](#)):

Initially. Yeah. It was actually a funny story. So there's a few friends that I have in Mackay, and we were all in the same sort of category as overweight, and we used to go hunting a fair bit, and we would have to run to chase the dogs that caught the pigs in the cane and all that sort of stuff. But we were overweight, we've all worked in the mines, and we all ate way too much and drank too much. One trip, a few rumbles under our belt on a property where you all said we should start an underground fight ring because we, sorry. So I watched the movie Warrior with the Aussie Ladd and Tom Hardy, it's called The Warrior. I watched that movie and my friends had watched it, and I said, I want to do that. I want to do that. So we were all a couple of rums deep, and I said to him, let's start an underground shed fight game.

([00:55:08](#)):

Let's make some money out of it, get fit, and we'll all do a round robin and we'll have three or four fights in one night, and the winner takes the lot. And they're like, yep, yep, yep. And I was the only one that took it seriously. I found an old K one Kickboxer in Blackwater where I was working in the mines. I asked him to train me, and I started training with him every afternoon, like rain, hail, or shine. Every afternoon I'd be in this little shed. And I went from 120 kilos to about 88 kilos, just old school kickboxing trainer, a Kiwi fellow, and David Racino was his name. And the date rolled around for the underground shed fight. And I turned up and a few other people turned up, and my two mates hadn't necessarily been training or doing anything like that. So it was just a bit of fun.

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

No one, we just had a bit of a wrestle and a bit of a spar and a bit of fight. But through that first initial process of getting fit and having a go, I found that you could sign up as an amateur with no club to come down to Brisbane and fight m m a as an amateur. You paid \$90 or whatever the entry fee was. And I was like, well, I'm not going through this transformation and learning all these skills to then go back and start drinking and partying again, or hunting and drinking and eating crap food and gaining the weight. So yeah, I had my first amateur fight probably 11 years ago and fell in love with it. I lost my first one on points and just absolutely fell in love with the sport. And I had two more amateur fights. And then I was like, I'm sick of paying to enter these things.

([00:56:54](#)):

And someone said that you can get paid two fights. So I was like, well, how do you do that? And they said, well, you've got to turn pro. So I decided one day that I'd turned pro and started taking professional fights after having three amateur fights and not really having a club behind me. And then I found Mackay M M a, and they started doing the JiuJitsu side of things. Yeah, next thing I knew, I had about 16 or 17 professional fights at the highest Australian level down in Melbourne. And through working in the different oil and gas and mines, I was always really without a club. I used to work so remotely. And yeah, I was the guy that would turn up to these high profile events with no sponsors, no club, and



Warwick Schiller ([00:57:42](#)):

Barely anyone in your

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

Corner. Yeah. Sometimes I'd have to get people to come and meet people like, oh, do you mind holding a bucket for me in the corner of these events? Someone wrap my hands for me, please. Someone wrapped my hands. I used to wrap my own hands behind the scenes in some fights and bits of pieces, but I loved it. I loved it. And through that we met a lot of people and yeah, that's how we met.

Warwick Schiller ([00:58:01](#)):

So let's talk about that. It seems like you just jumped right in there without knowing a whole lot about it. You'd been doing kickboxing, your first, your amateur fight. There's a lot of grappling involved in M M A. What happened there? It's like you had one of the skills out of five that you need.

Matt ([00:58:22](#)):

Yeah, pretty much. So it was really funny. I got my trainer, David came to Brisbane and he wrapped my hands and I still keep in contact with a fair few of the refs and the judges, and I'm still involved in the sport. And Thomas, he said, when I signed off on your gloves, he goes, this guy doesn't know how to grapple. David had wrapped my hands like bombing knockers. My thumbs didn't move, there was no grabbing everything like that. And then halfway through the second round, I rolled the wrong way into a number bar right before this event started, the kickboxing coach YouTubed some jiu-jitsu stuff. And he's like, all right, so there's two things that I want you to do a rear naked choke if you get into the position and an armbar. And I watched about five minutes of how to do an armbar,

([00:59:16](#)):

And I rolled the wrong way into the armbar, which resulted in not a time for me. And at that event was another coach from Mackay called Dave Ham, and he saw me after the fight, they announced me from Mackay. So he saw me after the fight. He was like, oh, I see you from Mackay and you rolled the wrong way into an arm. I've got a jiu-jitsu gym. My standup was crisp. I love standup, so if someone kickboxing, it's great. And then I started training jujitsu with Mackay, M M a, and yeah, so got into that and then I said to him, look, I'm sick of paying to fight. Can we do some professional fights? And at the time they had no professional fighter, so I was their first professional fighter that came out of Mackay M M a at that time. That would've been 12 years ago, I suppose. And now they've got some really great guys up in Mackay. So

Warwick Schiller ([01:00:15](#)):

The thing I said to you when I first met you in e equitana was you've got this cool vibe about you. And I tend to think of people that are into, especially say M m A, have, and this is probably a totally wrong assumption, but tend to have a bit of an aggressive outlook on life. You don't appear to have that. So for the fights, where did you get your, I dunno if I say aggression, but that drive you like, I'm going to get punched in the face and I I'm going to take it. That come from,

Matt ([01:00:57](#)):

I'm very competitive. So when I do something, I don't half ass doing it. So during the fight, I can be, and there's a difference between anger and aggression. I never got angry, sorry. In my personal life I got angry. But when I used to fight, I never ever got angry. I always tried to be really aggressive, but the

anger never showed itself. So the aggressiveness just came from the drive to compete and to win. That was my drive, but I lost my aggression. And that's when I think I spoke to you and Ana when we had that. We did the YouTube interview and Jess was saying that I had a mindset coach that helped me get back into that state of aggressiveness, I suppose.

Jezezy ([01:01:50](#)):

I think there's a distinct difference between anger and aggression, but anger can fuel aggression, and you had a beautiful source of anger fueling you readily. And subsequently you had a pot of gas to pull out of fuel your aggression, but then that pot dried up at some point or got diminished. And subsequently it became a little bit more challenging to switch on the aggression,

Matt ([01:02:18](#)):

To switch on the drive. And I suppose even

Warwick Schiller ([01:02:24](#)):

With clinics a lot of times, or sometimes there's someone who needs to be a little bit firmer with their horse, and I'm not talking about being nasty to 'em or hurting 'em any anyway, but they need to kind of what you'd call firm. I'm up a little bit. And when they do, they overdo it and their face screws up and I'm like, Hey, you've got to be able to do that with a smile on your face. You're not mad at them. You just need to be firm about what you're doing there. And I say it's very hard for most people to be firm without having an emotional attachment to it. Whether you've got to give your child a good talking to or your spouse a good talking to, or if you're an employer or you're a manager at work and you've got to give somebody a good talking to, it's very hard to be firm and direct for most people without having an emotional attachment to it, without having some emotion coming out.

([01:03:18](#)):

And that emotion for the most part usually is anger in that. So you said the fuel for your fire dried up a little bit with the anger part, and you mentioned that you're very competitive, and I was going to wait till later, but I'm going to ask you now, you've gone all the way from Bush to fighting to getting a psychotherapy degree, which is quite the path. And so you've obviously are looking at the world completely differently now than you used to. What I want to know is are you still competitive or have you kind of looked back and thought that competitiveness was actually an unhealed part of yourself?

Matt ([01:04:12](#)):

That's a good question. I haven't been put in the environment to be competitive since I've changed the way I look at things.

Warwick Schiller ([01:04:23](#)):

So my question to that would be have you not been put into that environment or have you not felt the need to put yourself in that environment?

Matt ([01:04:35](#)):

I haven't felt this need to put myself into that competitive environment. And I still like to test myself. Not so much be competitive, but every now and then I'll have something pop up on my Facebook. There was an island swim off Queensland. It was a three and a half K, ocean water swim. So those sort of things pop up and I'm like, no training didn't do any laps in the pool. I'm like, I'll have a crack at that. So I

still like to do the things that put me in uncomfortable situations to test myself to see if I've still got to still got it, but I haven't had the urge to test myself against someone. Sorry. I did a jujitsu competition a couple of months ago. I just started getting back into JiuJitsu after having such a long time off. And I had a role, which I really enjoyed, but obviously I tried. I wanted to win, but it wasn't the same feeling that I used to get when I would step in the cage. I was more relaxed and I just wanted to enjoy the

Jezezy ([01:05:37](#)):

Experience,

Matt ([01:05:38](#)):

The experience of it. So yeah,

Jezezy ([01:05:40](#)):

There's less self-flagellation involved with it now. There's less. I'm doing it as a, and this is from, I mean obviously I'm not Matt, I'm not inside's head, but from an observational perspective, it's less about doing it in a self punishment way and more of a, this will be a fun experience. I'm going to do this to see what happens and see what I can do with myself kind of way. Yeah,

Warwick Schiller ([01:06:04](#)):

That's interesting that because saying he used to do it, he was competitive, and you kind of hinted there that he was doing it because he was kind of punishing himself. Oh yeah, absolutely. Let's have a chat about that. Because where I was going with it was the competitive part, was that external validation type stuff, was that like, I beat you, so you think something of me, and now it's more about inner stuff. Maybe that's my take on it, but I was just wondering what's changed. The question I had was what made you get into the fighting? And now that you look at the world differently, does the fighting thing seem differently? That's all. That's what I was trying to

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

Get at. Yeah, no, it does. It does. After going through that, the transformational process that we're still on our journey with, I still enjoy going and watching and supporting teammates in bits and pieces. And my son has just got into JiuJitsu, so I'm really enjoying stepping back as a competitor and stepping up as a mentor or a coach to give my son the little insights and things to help him on his journey. But yeah, I'm just really happy at the moment. I suppose I can just have no, yeah,

Warwick Schiller ([01:07:45](#)):

That's cool. Okay, so now we're going to get to the you and Jesse meeting, and then where it all goes from there. So you guys meet at, it was obviously it's some sort of fighting thing.

Matt ([01:07:54](#)):

No, so originally it was just through social media. We all have the same sort of people, friends and family

Jezezy ([01:08:03](#)):

And stuff. The fight scenes, it's, it's a bit cliquey and a bit small, so everyone kind of knows each other.

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

You have these, so basically I had a marriage that ended and I kind of had a bit of time off and then got back into a relationship with a young girl who was about eight years younger than I was. And we dated for a couple of years. And then when that sort of wound up, I had a year to myself. I'm like,

Warwick Schiller ([01:08:29](#)):

He was on the prowl.

Matt ([01:08:31](#)):

I had this vent that I always needed to love someone. So I met my first wife, really young, 18, got married at 1920, and I felt like I didn't need love. I didn't want love, but I love loving people. So that didn't work out. I had a few girlfriends in between that. I met my girlfriend that I was with for two and a half years, and then towards the end of that I was like, I need to love myself. I need to take some time off and just work out what I want. I used to just love doing everything, and I still do. I'll be at a party and I'll be the first person that wakes up in the morning and starts cleaning up. I'll help friends build houses, I'll help them clean sheds, but I don't ever ask anyone to come and help. So I just love doing things for people. So I'm like, I need to have some time

Warwick Schiller ([01:09:22](#)):

Off. Do you

Matt ([01:09:24](#)):

I do. You love help? Yes. Yeah, I love helping people.

Warwick Schiller ([01:09:30](#)):

Do you know why, what I was getting at is, is it a people pleasing tendency? Is it coming from a good place or does it come from a,

Matt ([01:09:38](#)):

It makes me feel good when I help someone. Okay. So yeah, it's, yeah, I get joy out of helping people. And when someone tries to do something nice for me, it makes me feel uncomfortable. But I really enjoy helping people. So I was like, I need to take some time off for myself. So I dove into, I read some books and I used to go to Malaney and sit in a hammock and in front of a waterfall and try and

Warwick Schiller ([01:10:09](#)):

Steering belly button,

Matt ([01:10:11](#)):

Pretty much just enjoy, just try and get back. And obviously still living in Brisbane and fighting, I was really fit and a lot fit than I'm now. So Tinder was a thing. So I had, my roommate would say it was a revolving door, and

([01:10:33](#)):

Through that on Facebook, and I saw Jesse popped up as a friend, and I was like, she's hot. My initial, I looked at her and was like, wow, she's really attractive. She'd never go for a guy like me. I was like, this is a long shot. But you know what? So ad friend, and we sort of just liked each other's photos and

Instagram and Snapchat, and I was heading out to drop my kids off out to Chinchilla, and I took a video of the countryside heading back in Toowoomba, and I think either sent it to her or had it on my story. And then jazz commented back, and then we started commenting backwards and forwards, backwards and forwards a little bit through social media. I had a wolf tattoo. Jesse had a wolf tattoo, so we had a little bit of common ground. And then she was coming up for Easter, spend some time with her family, and I offered to pick her up from the airport and take her to A, B, b, have a coffee in and sort of meet. We've been talking for a couple of months and then we met and I was like, wow, something changed. Something felt different in here. And I was like, I need to get know I to know this.

Warwick Schiller ([01:11:47](#)):

Something felt different in here, as in you hadn't felt that way with someone before or about someone before, is that what it was?

Matt ([01:11:56](#)):

Yeah, ever in a million years. And then when we started dating, I always, I say there's a bit, every partner I've ever had previously, girlfriend, wife, I always had this thing in the back of my head, the rocking chair effect, who's going to be the lady sitting on the veranda in the rocking chair next to me when I'm 99 years old? And every time I was in a relationship, it wasn't that person. It was never that person. It was always, I would always think to myself, I really, I wonder what my rocking chair partner's going to be like. And when I met her and we started dating, I was like, this is my rocking chair person.

Warwick Schiller ([01:12:40](#)):

Where did you get that from? Because I think that is a great, I'm going to keep that one, but where did you get the rocking share person from?

Matt ([01:12:46](#)):

No, it was something that I had just, I may have got it from somewhere, but it's something that I've always said. I use it as the rocking share effect more so in the relationship side of things. But I used to use it a lot with, if I do this thing today or a decision that comes up or something that presents itself as an opportunity, if I don't take it when I'm in my rocking chair at 90, am I happy with that decision that I didn't do it? Or am I not happy? So I always try and use the rocking chair effect in things that I do from decisions I make, like a filter, like a filter. I project myself forward and think, right, I'm 99, I'm in the rocking chair. Am I happy with that decision that I made or didn't make? And then I put it into that analogy with Jez when I met her. I'm like, wow, there's my rocking chair person. And then it changed to a hammock. Our first date was in a hammock in Noosa and t Drew Bay, our first proper date.

Jezey ([01:13:48](#)):

We don't talk about the other day. It's not pg.

Warwick Schiller ([01:13:55](#)):

How's that feel to be someone's rocking chair person?

Jezey ([01:13:57](#)):

I know, right? Really big high benchmark there. That's pretty cool. I'd become friends with Matt's fight coach. So I think it was one of those things I'd popped up because I had connected with someone in his

world, and so it was kind of like one path led to another that led to another. So it would bring us here, but it was mutual because I had an amazing life in Melbourne, great circle of friends, my little dog, my apartment, and then met this bloke and everyone was like, yeah, he lives a very long way away. And I was like, yeah, but we'll just see what happens. And then in a very short window of time from meeting him and having a chat and then coming up and being in person and then going home and being like, okay, everybody, I'm moving to Queensland. I'm leaving a great job.

(01:14:47):

I'm leaving this incredible circle of friends and I am packing everything I have into a little box, and we are going to Queensland. And they were like, you're insane. What are you doing? I'm like, well, I just got a feeling. I just got a feeling this is just a good life choice and I am not that person. I'm a planet with an inch of its life kind of person. But yeah, I was just like, no, I think this is the right life choice, and so I'm going to go with it. And I went with it and here we are now. So it was a good choice, but it sounds so wanky where people go, oh, when you know it's right. There's just something. The universe had crossed our paths for a reason.

Matt (01:15:28):

Our souls knew each other

Jezezy (01:15:31):

Deeply. Yeah, it was so strange. It was meeting an old friend again that I hadn't seen for a really long time. And so completely picking my life up and migrating it here didn't feel like a weird or a crazy decision despite everyone around me going, are you insane? Have you had a mental break? I was like, no, it's a totally normal thing to do. So yeah,

Warwick Schiller (01:16:00):

And here you are. So when we chatted e Equitana, our conversation was, I don't think this was the on-camera conversation, maybe it was, but there was a conversation we're talking about, Matt was talking about how viewing the work with the horses differently was a huge, was hugely influential on him. And then I think Jay, maybe you mentioned that he'd had a mental coach, and my question to Matt was what the horses teacher that a mental coach, or was it a life coach or a mental coach? What was he? Mental

Jezezy (01:16:36):

Coach.

Matt (01:16:36):

Yeah, mental. Yeah. So Luke Swanson, my, that was my roommate that I lived with. So he was my boxing coach, and he just started getting into trying to help people sharpen their mental skills. So I was sort of a bit of a Guinea pig for him, and it worked wonders. I had no, like Joe said, I'd lost that drive, that aggression, and it came back working with Luke, but horses taught me to slow down just to don't rush it, don't try and plan 10 steps ahead, work with what you've got at the time, the book that you gave us, work with the horse that you've got at the moment. Don't try and project what you want, 10 sessions, what you want the outcome to be. Obviously you have that as a mental visualization of what your goal is, but don't rush it. Don't try and get this done, this done this done, this done to get to here. You just sort of work on, they taught me just to really take a step back, enjoy the moment, I suppose. Yeah, enjoy life,

Warwick Schiller ([01:17:51](#)):

Be present, and have a focus on process, not a focus on outcome.

Jezezy ([01:18:00](#)):

And I think being so big for someone that's normal sized, you don't really have the choice of being out muscling a horse, right? I can't go out there and go, well, I will say, this is what we're doing, and if you choose not to, I will fight you for it because I'm obviously not that big. Matt could try that and would genuinely be that person that was like, I'll out muscle you if I have to. And would genuinely, I've watched Matt try and out muscle a horse he genuinely thought he could.

Warwick Schiller ([01:18:34](#)):

We call it farm boy strong.

Jezezy ([01:18:36](#)):

That's it, right? So for Matt to then swap over and go, okay, I'm not even going to come to the table and have a discussion about whether or not I'm stronger than you. We are going to have a really even discussion about what we're going to do today. And

Matt ([01:18:54](#)):

It's changed. It's changed how horses interact with me once I've changed the way, when you changed the way you look at things, the things that you look at change. You

Warwick Schiller ([01:19:04](#)):

Look at change. Yeah.

Matt ([01:19:05](#)):

Yeah. It's indescribable how different my interaction is with horses. After going down this journey that I'm on now, like chalk and cheese, the big clydesdale that I have, we would butt heads. I had started to break him in before I went down this path. And there's a lot of trauma between the two of us that we've worked through since and now the other day he was ground tying while I did all his feet. I can walk up and I don't walk up to him, pat him in the paddock. I don't, previous to this. I would go and walk up to him, catch him, put a saddle on, go for a ride, and put him back out, give him a wash and put him back out. I never stopped to just give him a pat, walk up to him in the paddock and sit with him in the paddock, give him a scratch behind the ear and then walk away. And when I started to do that, it was like, he was like, Hey, what do you mean you only just want to give me a pat and a scratch? You could just feel, he was like, I don't understand what's going on here.

([01:20:19](#)):

And our relationship now is I think a million times stronger than it was when I was always just like, all right, hold her on. Let's go hold her on, let's go.

Warwick Schiller ([01:20:31](#)):

Yeah. It's very much that when you change the way you look at things, the things you look at change. Because what you'll find is you think that horse responds to you in a certain way and you think that's them. But then when you start responding to them differently, you find they respond back to you

differently. Then you've got to look at, oh, that thing before that was me. That was a projection of me on them. That wasn't who they are.

Jezezy ([01:20:59](#)):

And Roddy's such an expressive horse, sorry, this particular horse, looking at all of the ones that we have here, he's one of the most expressive, right? He is very forthcoming and letting you know how he feels about something. So from Matt for so long, watching the two of them together, I mean, was like, he don't like that very much, and he is telling you, but I'm like, it's not my horse. It's not my, I don't know. There's a saying in there, what is it? Oh, I can't remember. But yeah, not my

Warwick Schiller ([01:21:33](#)):

Circus, not my monkeys.

Jezezy ([01:21:34](#)):

That's it. Yeah. I was like, I know better at this point than to stick my nose where it's not wanted. I was like, you guys, you do your thing. You let me know when you're done.

Matt ([01:21:43](#)):

He had big energy. I had big energy, and we just used to clash. But looking at that, it wasn't his big energy. It was my big energy and the way that I was focusing it. So once I learned to change and channel that,

Jezezy ([01:22:03](#)):

And there's a reason why they put a little bit of Clydesdale and the big rucking bronc horses, and he let Matt know about it. Few. That was just certain, few more than once more once Matt know about it.

Warwick Schiller ([01:22:14](#)):

So let's kind skip ahead to what you guys are doing. So Matt, you've worked in the mines, you're a welder, and Jesse, you've got a background in, was it advertising?

Jezezy ([01:22:28](#)):

Marketing? Yeah,

Warwick Schiller ([01:22:29](#)):

Marketing. Yeah. And so now you're both getting psychotherapy degrees, but you already have one, don't you, Jesse?

Jezezy ([01:22:38](#)):

No, I don't. No, you have. So I've got a few degrees, but not one in this space.

Warwick Schiller ([01:22:44](#)):

What degrees do you have?

Jezezy ([01:22:46](#)):



I've got a bachelor of communications and a master of marketing.

Warwick Schiller (01:22:49):

Okay. Okay. Very good. And how far into this psychotherapy degree are you and how long does it take?

Jezeq (01:22:57):

Matt's nearly finished his part,

Matt (01:22:59):

So I've got one trimester left,

Jezeq (01:23:01):

And I'm doing a bit of extra study on top, so we both can go for our registration in May this year, and then I'll do an extra year on top just to get a slightly higher level of registration. But yeah, we're pretty close.

Warwick Schiller (01:23:14):

So when you get done, Matt, what are you going to be?

Matt (01:23:17):

I'll just be, so I'll have a diploma in counseling that will be the degree that I have with that. And then from there I can go into the equine assisted therapy courses to attach that part of it. I mean, we want to try and make sure that we've not trying to, we don't want to reinvent the

Jezeq (01:23:34):

Wheel. It's one of those funny things too, because doing the equine specialization, because such a unique space, it's not like a traditional university. It's like, yes, here it is, because it's not like there's a huge amount of science. We know it's a thing, but there's no science necessarily validating it for them to be able to put it in traditional institutions. So you could go out tomorrow as a registered counselor and be an equine assisted therapist, but for us, it's really important to work with people who have been doing it for such an incredibly long time to be able to make sure that we're doing justice A to the horse and B to our clients.

Warwick Schiller (01:24:14):

Yeah, I'm loving where you guys are going with this. So I think the thing about you guys read e equitana when I did the masterclass in the main arena on the Sunday, and I said I'd met a lot of people there who were in the equine assisted therapy space and gave them a bit of a shout out. But then I said, does anybody have a horse? And of course, everybody put their hand up and I said, every single one of you have done some equine assisted therapy just to just be around them and interact with 'em. You have to change a bit of who you are. But you mentioned something earlier, Jesse, that I just love. You talked about, say the sound healing in nature and the acupuncture in nature. And I really think the whole healing of the world is about getting back to being a connection with nature.

(01:25:10):

And I think for the people in the space that I occupy, their connection to nature, maybe their initial connection to nature is horses. You know what I mean? I think you can't speed nature up. You can't bend the rules. Nature is nature. And I think that's one of the things that makes being around horses therapy, because you can't shortcut the whole thing. I mean, you can, but then you get bucked off and then you end up eventually coming back to understanding the rhythms and the cycles and the rules of nature sort of thing. And I think you were talking earlier on Jesse, about the science of things and what do you see the science doing these days? You're talking about old wives tales and old stuff. What it appears the science is doing these days is actually proving indigenous wisdom,

Jezezy ([01:26:10](#)):

A hundred percent

Warwick Schiller ([01:26:11](#)):

Old wisdom. I think we've made a full circle, and we're kind of heading back towards that and the science now that we have fMRIs and things like that to where you can actually take brain scans of people when you do certain things. And it's almost proving that indigenous wisdom from all around the world is where we should be going.

Jezezy ([01:26:35](#)):

Well, I love the arrogance of modern humanity, that we think that all of our first peoples across the planet were here for such a profoundly long time thriving and living sustainably, and the earth was in a much better place than it is now. Yet somehow we've convinced ourselves they didn't know anything. Oh, of course. They didn't know anything. They didn't live until 95. Why would they have known it? We all live till 95 now we must know more. It's like, well, hang on a moment. Maybe there was something going on because the general health and wellness and overall buoyancy of communities was so high at that point, and we've lost all of that. What have we done wrong along the way that we are now so smart that we have science telling us all these wonderful things. It's all of a sudden now we're going, oh, hang on a moment. Actually, maybe our first peoples around the world did know something and now we'll believe it because we have got some science to tell us that it's there. Yeah, science is a finding the answers. It's hilarious arrogance that we have, which is a hoot. It's so classically human, but it's just, of course, they bloody knew what was going on because the earth told them and they were listening.

Matt ([01:27:56](#)):

Yeah, science isn't finding the answers, it's just uncovering the truths that are already there

Jezezy ([01:28:00](#)):

That we chose to not look at because it wasn't convenient.

Matt ([01:28:03](#)):

Yeah, it's not going, oh, I've discovered this and it's true now. It's like what's always been there. Everything that will be discovered is there now. It's not. Modern day science isn't reinventing the wheel.

Warwick Schiller ([01:28:15](#)):

Yeah, it's a little bit like, oh, you've probably heard me on the podcast talk about, I went to Florida a few years ago to a three day ayahuasca ceremony, but in South America, in the Amazon, that's where it

started. In the Amazon, there's like a million different plant species in the Amazon, and if you take two of those together and boil them, it makes this thing. And if you ask the Ayahuasqueros from Peru or anywhere down there and ask, how did you figure out which two plants to put together? They will say The plants told us.

Jezezy ([01:28:56](#)):

And that's exactly

Warwick Schiller ([01:28:57](#)):

It. And with books like The Secret, I dunno if you've read the Secret Life Trees or anything like that. Is that amazing? Yeah, it's just like I'm reading an amazing book right now, and I can't think of what it's called. I don't want to leave and go and get it. It's beside my bed. But Chrissy McDonald, mark Rashad's wife recommended it to me, and it's about how animals think, and it's about how scientists for a long animal behavioral scientists for a long time said, you cannot anthropomorphize. And the book's about elephants, wolves, and whales, and the first part, it's about elephants and elephants, they grieve. They have maybe not every human emotion, but they have a lot of them. And the elephants, they recognize individuals and they can recognize individuals by the noise they make, like a shriek from an elephant is identifiable and they've done things like, so some researchers one time had recorded an elephant that later on died, and so then they went out in the bush and they played that noise over the loudspeaker, and the reaction from the other elephants was such that they never did it again. Wow. They're like, oh shit, I can't,

Matt ([01:30:24](#)):

We stuffed up. We didn't

Warwick Schiller ([01:30:25](#)):

Have done that. I can't do that to them again. Yeah, it's a fascinating book and I can't think what it's called right now, but yeah, this whole in, and so you guys want to do this equine assisted therapy, but you basically are reconnecting people with nature, and that in itself is healing.

Matt ([01:30:52](#)):

That's where we want to go with it. We don't want to just be counselors and therapists that just talk to people. You're not fixing all, no one's going to the only person that can fix everything is the person yourself. You can get the tools to sort that out. But we want to try and incorporate, like you said, opening up and talking and having ways to deal with different things, but in a healing environment and a roof and four walls in a concrete building isn't a healing environment for me. It's not a healing environment. It shoes off in the dirt. Maybe it is getting people to get into a nice bath. You get someone that has a lot of chatter and a lot of noise and a lot of negative self-talk. If they hop in an ice bath and you can help them into that process, all that's going to go away. All you're doing when you're in an ice bath is you're focusing on breath and surviving

Warwick Schiller ([01:31:58](#)):

And breath mostly.

Jezezy ([01:31:59](#)):

And breath mostly.

Warwick Schiller ([01:32:02](#)):

You said about taking your shoes off, and I was reading something recently. There is actually something in soil that treats depression that helps with depression, getting your hands in soil.

Jezezy ([01:32:17](#)):

Yeah, it's like a bacteria or an nematode or something like that. It's a bacteria, an

Warwick Schiller ([01:32:20](#)):

Nematode,

Jezezy ([01:32:21](#)):

One of those, and that's it. That's it, right? We know, okay. We always joke about farm kids being really healthy and robust because they just grow up covered in dirt and poo, but they also are regularly really happy go lucky, fun, not weighed down with the burden of stuff because life's a little bit simple. But now we have science just validating it for us by understanding some bacteria. We know that even as people who aren't inclined towards country living or whatever it might be, we seek out going on bush walks or being in nature or taking picnics or going to the beach as humans, irrespective of what we are innately built as what we define ourselves in our daily lives as being, it's undeniable that we are pulled back to the earth and back to nature to be able to experience it. You can't meet, I've not met a single person who is like, oh, no, no, I don't do nature.

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

If they're not someone that likes going for someone that likes to go to the beach or go to a creek or all of those things, all of us are innately pulled to it. And it's for a reason like the earth and nature and all of its creatures, we're all connected and we're designed to be near each other. And it's when we put up these concrete walls between ourselves and between it that suddenly we get this incongruence and suddenly we get all these issues. But as people who live on land and as people who feel very compelled to be towards nature and towards animals, we kind of take for granted that it's so accessible and it feels so logical for us. But I think for a lot of people, they have this sense of something's not right and they don't quite know what it is. I think it's being in nature, that's what they need to have that sense of congruence return for themselves.

[\(01:34:26\)](#):

And for us, it's about creating a space where people can come and whether it be through therapy, have some support in being able to access nature and then be supported in a way that lets them help start unpacking some stuff or repacking it or whatever it might be. But really at the end of the day, we say it's working with the horses because a lot of it is, and anyone that has a horse or is around a horse knows there's just something that takes place in their presence. And now we have more and more science explaining what that is. But really, if a person comes and they're not ready for a conversation that involves a horse, that's okay, because that can be a pretty confronting conversation. They really show us a lot. They bring a lot to the table. They're incredible teachers. And for some people that might be a little too much straight away. So it might be just sitting under a tree and just taking a minute to have our shoes off and rub our toes in the dirt. Or it might be just a casual walk around with a buffalo or something. But eventually that will lead to some conversations with a horse. But at the end of the day, it

all starts with just, let's just take a moment and be with nature and see what we're ready for together and go from there.

Warwick Schiller ([01:35:46](#)):

Yeah. I think we're supposed to be part of nature, not separate from it. And that book I was talking about reading it last night, she was saying something about she was warned by scientists, don't try to say that an animal's nervous system's the same as ours. Don't say that. There's a lot about anthropomorphizing. All the scientists say shouldn't anthropomorphize. But there was a line that something like, don't say that animal nervous system's the same as ours. Don't say that animal nervous system is a human one. And then she says, and I looked at them and I said, but isn't the human nervous system an animal one?

Jezezy ([01:36:23](#)):

That's it.

Warwick Schiller ([01:36:24](#)):

We are animals. We

Jezezy ([01:36:25](#)):

Are animals, and we're mammals.

Warwick Schiller ([01:36:28](#)):

We are mammals, and we're, yeah, we're animals and we're mammals, and we've kind of got this separation thing going on that we are different from them. And so I think we've stopped, people have stopped learning from them. There's so much wisdom we get from animals, being around animals.

Jezezy ([01:36:53](#)):

We have delusions of grandeur.

Warwick Schiller ([01:36:56](#)):

Yes, we do. And that's what this book that I'm reading is a lot about. So yeah, I think that the horses is a way of getting us back to nature. And I do think these days that the horses have kind, they're this all knowing being who just are here. And if you want to be a neanderthal, they'll put up with that. You might have to get a few dents and bruises along the way, but they'll be that if you want 'em to be. And the further down this rabbit hole you go, they show up as whatever you allow them to show up as. And it's, yeah,

Jezezy ([01:37:39](#)):

They saw us coming. My granny, when I was young used to say to us, A big change is coming. A big change is coming, and I think you'll be here to see it. And she was crazy, granny. No one ever really listened. And the more time we spend around people in this space, and the more time we spend around the horses, the more it feels like they saw the end of the book. And we're only up to the third chapter, and they're just like, it's all right guys. We know where this goes and we are here with you. But wait till you get to chapter seven,

Warwick Schiller ([01:38:12](#)):

Right? There's a show on Netflix right now by a fellow named Graham Hancock called, I think it's called Ancient Civilization,

Jezezy ([01:38:19](#)):

Isn't it? Amazing

Warwick Schiller ([01:38:21](#)):

Ancient Apocalypse. And the Mayans talked about this 12,000 years, and lots of people talked to this 12,000 years, and this 12,000 years is coming up. And I was talking to a podcast, previous podcast guest today about the podcast summit, which was mind boggling. And he wasn't there because he was from the next summit, and he was saying that he thinks the thing will happen in our lifetime. He said, there's just so much change in human consciousness that this thing is coming. And he says, I think it's coming in our lifetime.

Jezezy ([01:38:57](#)):

Yeah. Well, I mean, Afra knew shit that none of us knew. So yeah, I think maybe she was right. Maybe she wasn't so crazy after

Warwick Schiller ([01:39:06](#)):

All. Maybe she wasn't crazy, granny. Okay. When do we get to some of these questions you guys have chosen as time is getting away with this here? And I'm probably going to, you guys chose separate questions. I mean, you chose questions separately, but some of the questions are the same. So let's go through the ones that are the same first, and I'll go back through the ones that aren't. So the first question you both asked is if you could spread a message throughout the world, one that people would listen to, what would that message say? Or your favorite quote? Or you can give us both.

Matt ([01:39:43](#)):

So my message after being kinder to myself is just to be kind, try and look at the bright side of life and just our house rule here is act first with kindness. So that would be my message is whatever happens, always try and find the kindness in anything. And if you can't find the kindness in something, then don't dwell or focus on it.

Jezezy ([01:40:18](#)):

We answered these separately and then we should just workshop our answers. And then we discovered that our answers were the same. But yeah, you've added yours. Mine's very similar. So our house rule here for our family is it's got three parts, but the very first part is act first with kindness. So if you're doing anything or doing anything, the family, whatever it might be. If you're not sure, just ask yourself, is this the kind decision? And if it's not, reevaluate decision. So my things, if I could get the whole world to do anything, it would be kind and be curious because I don't think that there's anything we can't fix with kindness and curiosity. And it really just, it's okay if you don't agree, but if you're curious about why that person feels that way and you're kind in how you approach it, then that's okay. You'll get there. You don't have to change your mind, but you're curious. You want to learn about it and it will open your mind to another way. So yeah, it's be kind and be curious.

Warwick Schiller ([01:41:18](#)):

This whole podcast is about curiosity, and here probably in the last six months, maybe the last 12 months, but I've heard people saying, I, yeah, Warwick, he's such a great interviewer. And I thought, what? I'm not even an interviewer. I'm just having a conversation and I'm curious. I mean, the first time I read someone say they thought I was a good interviewer, I thought, I've never even thought about being an interviewer. I don't plan for it or anything. The only thing that's planned is you guys send me these questions and I have 'em written down here in front of me so I can ask you. But yeah, curiosity. So you guys met my son Tyler at E Equitana. He's a bit of an old soul, and he came, he lives in Hawaii, but last year, the year before he was home and probably meet Tommy's home. He gives Rob and I a good stern talking to our 23 or 24 or 25 year old son, depending on which age. He's 25 now, but probably when he was 23, he sat us down one night and he's like, I've got to have a talk to you two. He said, you're doing great things out there in the world, but you need to be more kind to each other.

([01:42:34](#)):

You're doing great with your interactions with others, but you need to be more kind to each other. And when you're married, been married for 28 years, there's a buildup of little shit there that causes you to not be kind, but that's a great saying. First, be kind. The next question that you both asked, you both chose together or separately, but together. Same question was what have you changed in the past five years that has helped shape who you have become?

Matt ([01:43:07](#)):

Being open to a different way of thinking for me. So really being open and vulnerable to learning a whole new way of doing things, which has then led me to where I am now. So it was about five years ago that we met, and I think some of the hippie chick started to rub off pretty quick on me, which then let me really start to enjoy my own company, I suppose, and then learn the different things that we've gone down and journeyed on together.

Jezezy ([01:43:45](#)):

And mine's really probably just coming back to nature and really letting myself be here and listening to my inner monologue more as opposed to not, I had a wonderful life in Melbourne. It was great that by all appearances and perceptions, I was as happy as they came, but I had an incongruence. There was something not quite right, which I just kind of didn't listen to, or I scratched that itch by bush walking and going to the beach or going on paying trail riding companies to be able to go out for a strap. But by listening to my inner monologue and going, Hey, this isn't quite right, and then coming back and going, no, this feels right, has meant that my life has been able to, I was trying to describe it to Matt. It's like there was a flower and it was a perfectly functional little flower. It was in advance. It was doing great, but it's like now it's like a big flower land in the dirt come from little too big. Anyway,

Warwick Schiller ([01:44:52](#)):

It was interesting, Matt, that you said the thing that you've changed in the last five years is changing the way you look at things. And I think that the first one's the most important one. When you've looked at life a certain way for quite a long time and then you look at things a bit different and things are different, then it's like, well, what else? What other else could I look at that I didn't look at before? That might be, it's taking that step possibility. Yeah, taking that first step that even knowing you're taking that step kind of thing, most people don't elect to take that step. It kind of happens to you and it shows you

that things are possible, and then you start to consciously take steps after that. So yeah, that's pretty cool. You both ask the question, what quality do you admire in a person?

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

Yeah. Back to what my message would be to the world of people that are genuinely happy, loving, and kind would be my, when you're around those people, the frequency is different. You can really feel that the genuineness of someone that's completely happy with themselves, that they exert love and kindness.

Warwick Schiller ([01:46:09](#)):

It is a different vibe, isn't it?

Jezev ([01:46:12](#)):

It's people who are kind and who are curious, but who aren't afraid to be who they are.

Matt ([01:46:19](#)):

Have a disagreement. You have different views and different opinions, and you don't try and change the other person's idea on something. You try and understand it, and then they try and understand your view of it, and it may open you up to go a completely, I haven't even looked at it that way, but you're not trying to be right. And I feel like today's society is just, you are wrong and I'm right, and you need to just listen to how I'm doing it.

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

There's nothing better than when you meet a person who is kind and nice to be around. They feel good. They feel like a warm hug when you're near them and they're curious about you and your story, but they have their own, and if it doesn't line up, they will share theirs with you. And then you get the opportunity. It's selfish, and I'm okay with it because then I get the opportunity to go, tell me more about that. That's so interesting. I hadn't really thought about it. Maybe it doesn't totally align, but I'm really curious to know more about it. It's such a good feeling to be able to have those conversations.

Warwick Schiller ([01:47:21](#)):

It was interesting, Matt, when you said, what quality? I said, what quality in my other person? You start talking about the quality in another person, but then you started saying, you don't have to be right, and you weren't talking about them. You were talking about you. And it's almost like the quality you admire in other people is the quality you admire in you. I mean, you started talking about them, your answer was the them, and then the answer turned into you. But this comes back to that. When you change the way you look at things, the things you look at change, you can meet somebody who's got their walls up. And when you are open and kind to them, it's almost like an invitation to join you. And if they're on the fence, like, oh, I might have to hold back from this person, and you are open and kind to them, it's like you pull that fence down and they can step into that space. Maybe not everybody does it, but you know what I mean? If someone's on the fence, the

Matt ([01:48:18](#)):

Invitation's there.



Warwick Schiller ([01:48:19](#)):

Yeah, you come across that way. Vulnerability, the first, I've talked about a lot on the podcast and especially influenced by Brene Brown, but you always think if I share those shameful things about me, I'll be judged. And it's never that way. It's always, yes, me too. And now you've got an ally, now you've got a friend and you've also shared your vulnerability, and they share their vulnerability back, and then it plants a seed in their head like, well, maybe I could do that to someone else. And they go out and share that. So I do think that quality you admire in other people is probably a quality you admire in yourself, but I think when you can do that first, the door's open for other people too.

Jezezy ([01:49:10](#)):

Yeah. It becomes a safe space.

Warwick Schiller ([01:49:13](#)):

Yes. That is the questions you both chose together. Now I'm going to go with the individual ones. And Matt, I'm interested in this. What book do you recommend most? Not necessarily your favorite book, but the one that you tell other people about the most?

Matt ([01:49:32](#)):

It is the book of ano, and

Warwick Schiller ([01:49:35](#)):

It was

Matt ([01:49:37](#)):

From your podcast with Linda Tillington Jones. And I downloaded it that day. I think I listened to it in one hit, and I have given that book to so many people, and they have all come back and said, it has changed their life, and then they have given it to people, which has changed their lives. So that is a gift that I'll always, always be grateful from getting from your platform is listening to that podcast and downloading that book because it has had a more profound change on my life than anything. And I've done an ayahuasca journey and plant medicines and stuff, but that book, if you haven't read it yet, download it or buy it and read it. Change your life.

Warwick Schiller ([01:50:34](#)):

This question is there, what book do you recommend most so that listeners can kind of get like, oh, I should listen to that one. You know what I mean? You just changed my life because I haven't on a list because of talking to Linda tenure Jones, but I haven't. You have to downloaded, listened to it yet. And so now I'm like, okay, that's my running. I've been listening to podcasts a lot when I run like, oh no, okay, I'm got to listen to that one.

Jezezy ([01:51:03](#)):

Yeah,

Matt ([01:51:04](#)):

That's the book.

Jezeq (01:51:05):

Yeah, it's

Warwick Schiller (01:51:05):

Really good book. Okay. So Jesse, what did you want to be as a child?

Jezeq (01:51:10):

I was going to be a vet and an actress at the same time. And I very quickly discover I'm not from the kind of family that push you to do stuff. And so when I hit high school, I discovered sex, drugs, and rock and roll hard and didn't do any of the things. I just did sex, drugs and rock and roll. And so when I came to push and shove of all the things that required ambition or drive, I didn't do those. And so the lesson I learned there was don't do sex, drugs and rock and roll kids.

Warwick Schiller (01:51:53):

Good advice. Good advice. So let's define drugs.

Jezeq (01:52:06):

Okay.

Matt (01:52:07):

Drugs, don't open the up.

Warwick Schiller (01:52:09):

Yeah,

Jezeq (01:52:10):

You're right.

Warwick Schiller (01:52:11):

Matt just mentioned plant medicine. I

Jezeq (01:52:13):

Don't consider plant medicine a drug.

Warwick Schiller (01:52:15):

Okay, very good. It's not

Jezeq (01:52:17):

Correct. Synthetically synthesized pharmaceuticals. It's probably a better term.

Warwick Schiller (01:52:25):

Yes. It doesn't have the

Matt ([01:52:26](#)):

Same ring to it. Doesn't

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

Have the same ring

Warwick Schiller ([01:52:28](#)):

To it. Doesn't having the same ring to it. Yeah. No, it doesn't have the same ring to it. And as my former podcast guest will, Sue told me, and it's not his saying, but plant medicine are nonspecific amplifiers of the unconscious. It's already there. It's already there. It's a non-specific amplifier of what's in your unconscious. Matt, what do you feel your true purpose is in the world,

Matt ([01:52:57](#)):

Helping disadvantaged youth? That's what I want to try and focus on the most with our Wolf Pack clinic is getting kids that

([01:53:08](#)):

Are from a background and youth justice, basically trying to mentor and help and talk to and get kids these days that are just getting looked over back to finding what they like about themselves. I feel very strongly about trying to help youth and whether or not I can change their environment, probably not because their kids and they've got an environment that they're in, but if I can give them some tools so that when they can start to create their own environment and bring up their kids, they can hopefully look back and use some of the things and some of the things that we talk about to create a better environment for their kids, if that makes sense. So not I want to help kids. I may not be able to change exactly everything that they're having trouble with, but I really want to try and give them tools to be able to help them when they're adults instead of just standing at the base of a waterfall and plucking people out. I want to go to the top of the waterfall and give them tools and ways to be able to either help 'em learn to swim or just don't jump off the waterfall in the first place.

Warwick Schiller ([01:54:36](#)):

And then if you're doing that, like you mentioned, you're mentioning you are kind of being the stop gap in generational trauma. If you can help them, you can help their kids and you can help their kids', kids and their kids, kids', kids. So it says, what do you feel like your true purpose is in the world? That's what you feel your true purpose is. How long have you felt that?

Matt ([01:55:04](#)):

But just before Covid, I put my hand up and it's weird. Through my whole adult life, I've always said to myself, I don't like people. I don't like people. And it wasn't that I didn't like people, I didn't like myself at the time. And then when I realized that, I was like, oh, I want to help people. And then from, I want to help people. I do want to help all people. You don't have to be a child. I want to help everyone. But I put my hand up for the Raise Foundation, which is a mentoring program where they take people from everyday life and they put them into high schools with kids that are just go on the wayside. They don't go to class, they're not engaged in school. And I wasn't. So I signed up to the raises. I did all their courses online, did all the interviews, and got put in Woodcrest High, which is a pretty rough and tumble high school, and got a young man, Ricky to mentor, and there was a booklet to go through and he wasn't the kind of kid that would go through a book and we just talked.

(01:56:04):

I hadn't started my counseling degree yet, so it was just me talking to him as a guy that left school at 14. I was the only bloke in the whole program. There was all the kids and other female mentors and got paired up with Ricky and I was just real with him. Just talked to him. I didn't talk to him as a kid or as a kid that was a troubled kid. I just talked to him as a kid and we just hung out and played basketball and went for walks and we didn't sit down and go through paperwork and bookwork. So yeah, doing that raise foundation, and I was like this, it felt not selfish, but it felt good. I felt like, this is it. This is what I want to try and achieve. And then we obviously went through the process of going down and how can I do this more? How can I make not a living, but how can I do this on a larger scale

Warwick Schiller (01:57:04):

In shadow work? Some of the parts work with therapists and stuff. They will have you go back and talk to your younger self. Do you feel doing this like you are, there's a meme I saw floating around here a while ago, and it said, be the person your younger self needed. Do you feel like you are being the person to those young people that you felt you didn't have?

Matt (01:57:48):

Yeah. Yeah. I've really looked at it like that. But definitely having a constant, I suppose, having someone constantly there that can give guidance and you can talk to, I suppose I had lot of people in my life at a lot of different stages that taught me a lot of things, but I didn't have a constant,

Warwick Schiller (01:58:13):

Yeah, it just occurred to me that it's only been since covid that you've known what your purpose in life is. And I was thinking, well, that's kind of recent. I was just trying to figure out where it came from. And it just occurred to me that, like I said, with a lot of parts work and shadow sort of work that they say, you go back and you have conversations with your younger self and you help your younger self through problems that you didn't have someone to help you through at the time, so I just want to know if you thought that was related back to you, Jesse, what is your relationship like with fear?

Jezezy (01:58:47):

Fear's a really funny one. I am a bit of a scaredy cat, and so my narrative was often dominated by fear. I would make decisions based out of an anxious response about what could happen. I would over plan and analyze a very fear-based response system, and the closer I get to 40 and the further I get away from 30, the more I'm able to really pragmatically have a conversation with fear and say, Hey, are you here to serve me today? Or are you here in a way that's not serving me? And what are we going to do about it? It also helps to be married to a person that seems to be missing the part of the brain that's attached to fear and has forced me to either get on with it and get shit done or just not be able to participate, which I think sometimes we have to be able hormetic stressor, he is my hormetic stressor.

(01:59:47):

Some people have cold baths and other people just get married to this guy. But now as I get older, I'm able to really have a, I think fear is obviously so important. It keeps us safe and does all these wonderful things for us, but it also, when it's allowed to run without a leash on it, it can very quickly control us and learning to be able to have a conversation with it as if it was a third entity outside of myself and say, Hey, what are we doing? Are you here because I need to know something is dangerous and I'm potentially not making a great decision? Or are you here because I'm not trusting myself or are you here

because of something else? At which point I needed to leave and we are going to go ahead and do this other thing. So I think it's really changed as I've gotten older and my sense of self has gotten higher. But yeah, it wasn't always great. It wasn't always a great relationship, but it's definitely gotten better.

Warwick Schiller ([02:00:48](#)):

I know Matt didn't choose this, but Matt, what's your relationship like with fear?

Matt ([02:00:54](#)):

I believe fear is there as a self-preservation mechanism, but I don't listen to it.

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

Where does that come from?

Matt ([02:01:04](#)):

I don't know,

Warwick Schiller ([02:01:06](#)):

Because most people, just like Jesse just said, you have this relationship with fear that really holds you back from a lot of things and I'm just wondering if you could share how to view things that way.

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

I really don't know where it comes from. I listen to it. I accept the fact that fear is something I'll be doing things. I work on a roof. A lot of the stuff I do now is work on a roof and I could be four and a half, five stories up and walking on the last tile on a roof with zero and it's there. It's hard to explain. It lets me know that there's a possibility that if you take a wrong step, worst case scenario, you die. But I let it be of voice, but I don't let it take the reins at any point. It's always there in the backseat going, Hey, no, I do a lot of spearfishing. And when I was single and I couldn't get people to come spearfish, I would do, don't do this out there. Anyone in spearfishing, don't spearfish on your own. But I would every weekend go spearfishing in areas where it probably wasn't the great place to go, but never, it was there in the back of my mind and I would always be hyper aware of the situation I was in, but I never let fear tell me what I can do. It was always just a voice in the background.

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

I'd love to see a brain scan of your amygdala. I wonder if you have an Alex Holl amygdala. Have you ever seen free solo maybe free solo?

Matt ([02:02:38](#)):

Yes.

Warwick Schiller ([02:02:40](#)):

His amygdala is quite small,

Matt ([02:02:45](#)):

But yeah, I'm not sure where it comes from. Listen, it's there. There's a voice. There's definitely that third person there, so it's a whisper.

Warwick Schiller ([02:02:55](#)):

Yeah, I'd like to be able to tell that dude to shut up at times. I'll tell you what. So Matt, what's the luckiest thing that ever happened to you? I just looked down. I'm like, so you guys at home? He just pointed to Jesse and as I read it, I thought, I know what his answer's going to be.

Matt ([02:03:13](#)):

Yeah, no, meeting Jesse is the luckiest thing that's ever happened to me. That ultimately is what set me on the path that I'm now. And I will forever be grateful for that.

Jezezy ([02:03:24](#)):

I haven't made it easy for him, but no, I don't like easy. He rose to the occasion.

Warwick Schiller ([02:03:30](#)):

I think he would think he was up for the challenge. And one last question for you. Do you have a favorite horse?

Jezezy ([02:03:36](#)):

Yeah, I was telling Matt I was going to answer this and possibly have a nervous breakdown in the middle of the conversation had this is the place

Warwick Schiller ([02:03:44](#)):

To

Jezezy ([02:03:44](#)):

Do it. Yeah, when I was pregnant I think is when we got Cat, we've, we've had this really interesting journey with horses together that they've just kind of come to us typically in really obscure situations, things around them a bit odd. And I was pregnant, so obviously I was quite heavily pregnant at the time, so I wasn't riding. And two, there was a Friesian stud not far from us that was closing down. And I don't know what Friesian horses go for in America, but in Australia they're quite high value horses. Yeah,

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

Pretty expensive. Yeah.

Jezezy ([02:04:23](#)):

And so there was a bunch of them being sold off and either straight Friesians and Friesian warm Bloods. So I reached out and they were like, yeah, you can come up and see what there is. And I kind of told them potentially what I might be looking for. And the horse that I went up to see had been sold the day before I got there, something could happen. The wires it crossed and she's like, but there's a paddock over the road with a couple of brood mares and they're just out there. We just bush them, but you're welcome to go over and have a look. And so I went over and this big beautiful black mare came over and I was like, this horse is coming home with me. There is just something going on and you have to come

home with me. So I took her and her last fo home with me, and we didn't pay very much for 'em, which I was like, well, this is all happening.

[\(02:05:18\)](#):

This is happening for a reason. So I got her home and her name was Kaia and she was just, there was something really obscure going on with her and she didn't like to be groomed, but it wasn't, I don't like it. It was like this confusion about what was taking place. And she hadn't had her feet done. So we had to teach her how to pick up her feet. And she was very sensitive around her back legs and all of this kind of stuff was going on and we weren't really sure what was happening, but she was just like, the lessons she taught me from the moment she came home were just incredible. She was the life-changing horse. And I had an animal communicator come out to talk to her because I was like, I just can't connect the dots. There's something that I need to know and she's trying to tell me, but I can't quite figure it out.

[\(02:06:12\)](#):

And so she told me all of her stories and they were really incredible and incredibly heartbreaking. And she'd had a really tough life as a group man. And people hadn't done good things to her. But she came at a point where by the time I had the animal communicator, I had a new baby. And so I was like, wow, I feel this so deeply. So the universe was like, these conversations will happen at this time, and that's that. And then once I knew we just the journey together after that, I was like, now I get it. I'm here with you. We are on this. And we transformed right after that. It was just a totally different dynamic because she had been able to tell me what I needed to know.

[\(02:07:00\)](#):

And then she died, which was really heartbreaking. She had a really horrible accident and we lost her. And it's funny, as I have a breakdown, I'm not a high promotional person. I think before I got a child, I could count on one hand the number of times I'd cried. And they were always during really significant moments. I wasn't just a person to cry, but nothing. But after all the lessons we learned together, and the one really big one was that as we go through life, we'll meet horses and we will meet people and they're not all there for us forever. They're there because we need to learn something. They need to help, as Matt would say, our soul needs to learn a lesson in that moment, and then they need to deliver something to us for their soul to be ready to go into its next place.

[\(02:07:52\)](#):

I needed to learn a lesson. She needed to be able to complete her journey. And then when we got there, it was it gone, which I was like, this is so unfair. This is not fair at all. But I am so profoundly grateful that our paths crossed because I was able to learn so much. And through learning from her, I'm able to do more with Matt and all of those things. And we still have her bowl and we do, we have her last bowl and she's incredible. But yeah, it was one of those things where I was like, wow, this is really shit. But oh my God, I'm so profoundly grateful to have had that experience and have met her and have her journey be able to cross with mine.

[\(02:08:38\)](#):

And for her, the end of her journey to be with us, to be with us. I think that was really important to her as well. For her to be able to complete her time in an environment where she had a voice. She'd been just a commodity that produced expensive babies and she'd had some really horrible things happen to her on that journey that she really needed to do some healing around. And I think I was the person to help her do that healing. And then she was able to do that and we had a really beautiful period of time together. And then that was that time done, and the universe was like, that journey ends now and it's

time for another one to start. And it's one of those things where I think it's a tough lesson for anyone to ever learn. And sometimes horses are the ones to teach it to us. But yeah, she was pretty bloody special.

Warwick Schiller ([02:09:29](#)):

Well, thank you for sharing that and for you guys at home, you missed the best part, Jesse, you were saying that this when you had the animal communicated to her and she told you about her past and you got her and understood her where she was coming from, there were two times during that little dialogue right there when you were having a really hard time and Matt reached over and put his arm around you, and then when he felt like you were good enough to do it on your own, he pulled his arm back again. But then as the story went on, it's like, oh no, you needed some support. And he reached over to his arm around you only for long enough to help you through that part. And then when you were good on your own, he drew back and now you guys are sitting just side by side, shoulder to shoulder sort of thing. It was so cool to watch that because wasn't like he just reached over and held you the whole time. He was really reading when you needed support and when you could stand on your own two feet. And it was a pleasure to watch.

Jezezy ([02:10:46](#)):

You're a good egg.

Warwick Schiller ([02:10:49](#)):

He's your rocking chair person.

([02:10:55](#)):

Well, thank you guys so much for joining me on the podcast. It's been great chatting with you. I am very excited to see where you guys, what you guys do in the world and the changes you make once you get these psychotherapy degrees and really open the doors to the Wolf Ranch next year. I got to tell everybody at home, when you guys came to the booth at e Equitana, Matt hands me a t-shirt and on the front of it, on the chest, on the front of it, it says Wolf wrench, but does say Wolf Ranch Wolf Pack Wolf

Jezezy ([02:11:24](#)):

Pack Wolf

Warwick Schiller ([02:11:25](#)):

Pack Wolf Pack W Ranch, sorry. But on the back of it, in big letters it says it's not woo woo. It's true. True. And it was so cool to have this big burly ex M m A fighter. Give me a shirt that says It's not woo woo. It's true. True. That's almost as good as it's almost, it's on the same level as Tanya Kindersley talking about the super woo. We've now entered

Jezezy ([02:11:48](#)):

The super woo.

Warwick Schiller ([02:11:50](#)):

So I think it's not woo woo. It's true, true. And the super woo and the Rocking Chair person are some terms that have come from the podcast that we might live on in a few people's vocabularies.



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

Jezey ([02:12:05](#)):

That's good. They're good ones.

Warwick Schiller ([02:12:08](#)):

They are good ones. So like I said, thank you guys so much for joining me and for sharing your story. How do people contact more about

Jezey ([02:12:17](#)):

You? So we have a website which we will give you to put in show notes. I will recite it terribly. We are on Instagram under the Wolfpack Ranch. We both have our own Instagrams. They're sort of generally the best platforms to reach out via.

Warwick Schiller ([02:12:38](#)):

What are your individual Instagrams

Jezey ([02:12:41](#)):

You? I'm Matt Wolf, 86. Yeah. And I'm the Wolf Wellness.

Warwick Schiller ([02:12:47](#)):

The Wolf Wellness.

Jezey ([02:12:48](#)):

Yeah. I love that. But yeah, anyone that's around and wants to come and touch the dirt and wear their comfy pants under a tree, please reach out. People always say the door is open, come anytime. But really the door is open. If you are in town and you feel like you need to just take a minute to sit under a tree in your comfy pants, then come and sit under the tree. We all need to do it a little bit more.

Warwick Schiller ([02:13:15](#)):

That's awesome. Well, thanks again for joining me. You guys were awesome. And if you guys at home, thanks for joining us and we'll catch you on the next episode.

Jezey ([02:13:21](#)):

Thank you. Thanks Warwick. Thanks war. See

Warwick Schiller ([02:13:23](#)):

You guys.

Speaker 1 ([02:13:25](#)):

Thanks for being a part of the Journey on podcast with Warwick Schiller. Warwick has over eight 50 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.