

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

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

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

Good day everyone. Welcome back to the Journey on podcast. I'm your host, Warwick Schiller, and today I'm going to do something I haven't done before. I'm going to interview somebody who I found because they have a podcast. So my guest today is a guy named Mike Roberts and he's a native of Louisiana and he's a property developer. Mike was an athlete in college, played baseball and didn't really get into horses until when he was in his thirties and now he has a podcast that he calls the Converse Cowboy. So the Converse is his Converse shoes from when he was an athlete and the cowboy is the cowboy hat he wears, and mostly he interviews people who are in the performance horse industry in Texas, so mostly rain cow horse and cutting horse trainers. He also has some musicians on there, and every once in a while he'll have a guest who's outside those kind of parameters there, but he also has an Instagram channel, and Instagram is where I first saw this converse cowboy dude.

([00:01:49](#)):

And he just, in his Instagram post, he will just be standing in a field somewhere holding this big white poster board with something inspirational written on it. And from looking at the inspirational things he writes on there, I could tell he's quite well, I thought he was quite well read and has probably done some inner work. And so I thought, yeah, he'd be a great guest to have on the podcast, and I'm so glad I had him on there because he is done a way more inner work than I have and is very well read too. And yeah, pretty cool guy spreading a really cool message out to the world, sharing a great message. So I hope you guys enjoy this conversation as much as I did with Mike Roberts, a k a, the Converse cowboy,

Warwick Schiller ([00:02:40](#)):

Mike Roberts, a k a, the Converse Cowboy. Welcome to the Journey on Podcast,

Mike Roberts ([00:02:46](#)):

Man. Thank you for having me.

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

How's it feel to be on the other end? You're used to doing the podcasting. How's it feel to be on the questioning end of the line?

Mike Roberts ([00:02:54](#)):

I kind of enjoy it from time to time just to see what it feels like from my guests that come on the show here. So yeah, I enjoy it.

Warwick Schiller ([00:03:05](#)):

Oh, that's cool. So yeah, this is going to be interesting. I know nothing about you and pretty much nothing about me either. So I've seen you have a podcast, but you also post a lot on Instagram under the

Converse Cowboy, and most of it is you sitting in a field somewhere holding a big white sign that you've written something on. And I might read a few of them out for people right now. Let's go to Instagram. You're sitting there and it says, if you knew how close you were, you'd move even faster. Next one says why you should be kind to people. And there's a circle that says someone's problem. There's a little thing over the side that says what you know about it. Another one says, life is a funny way of giving grateful people even more things to be grateful for. The strongest people are those that win battles we know nothing about. So it's a lot of philosophical stuff, philosophical, but you're the converse cowboy. You wear these Converse tennis shoes, you got a cowboy hat on, and so you must have some sort of interesting story. What is your story?

Mike Roberts ([00:04:05](#)):

Oh, that's a good question. I don't know if we had enough time to go into it, but the converse part, I guess came long before the cowboy part. I didn't get into horses until I was probably in my early thirties, grew up playing sports, grew up playing baseball all the way through college. We had a farm growing up though my grandparents had a farm and horses from time to time, more so like backyard horse people, not horsemen of any kind. So I look back on that and I am grateful that I did not get into horses then. I wanted to just, whatever reason, I was drawn to horses, always asking my parents for horses, and again, glad that they did not oblige my request. But I got into it later in life and I feel like I struggle now in the cutting horse pin. I had a cutting horse trainer on the show yesterday, Jose Cruz, and we talked about this because he got into the horse game later in life too.

[\(00:05:08\)](#):

But I feel like those people that have been around livestock their entire life, they have an instinct, the innate ability to just read cattle or read a horse's mood or whatever it may be, whereas I have to catch up. I felt that way with baseball. I grew up playing baseball, and so I wasn't the fastest. I didn't throw the hardest or hit the ball the furthest, but I knew the game and I could understand it. And so that's why I would lead the team in stolen bases because I just knew the game so well. And so I got off from your question, but yeah, the Converse Cowboy, the podcast itself, it came at a time, it was very dark time in my life and it was kind of an outlet. It was a platform for my own personal growth. And the why behind me doing the show was just that very selfishly to sit down, just curious by nature.

[\(00:06:12\)](#):

And so it was to sit down with people that I looked up to or I was just curious about and to genuinely have a conversation with 'em because we don't do that often in society. It's not often where we just get to sit for an hour and pick somebody's brain or have, when I call it genuine conversation. It's so interesting to me once I started doing the show, the conversations that I would find myself in, because as a host, I'm piloting this thing and I somewhat get to direct which way we go with it. And just so honored and grateful for every guest that I've had on the show to show up and deliver. And what I've learned through many, many interviews is that we're all just human. No matter what level of success the person sitting across from me has had, there's still a human, and we all face challenges and obstacles, and sometimes we take for granted or we maybe overlook some of the failures that it took to get there, some of the obstacles they had to overcome to get to where they are. And so I'm a human, and so I'm guilty of playing the comparison game just like everybody else is, but we truly never know what somebody else had to go through to get to where they're at. And so it's been a cool journey. It's been fun, and yeah, I look forward to continuing to do the thing.

Warwick Schiller ([00:07:55](#)):

So you said that you didn't start out, you didn't get into horses until you were in your thirties. Is your interest these days, everybody seems like most people you interview are rather in the cutting horse game, a cow horse or they're rancher types. Are you currently competing in an event? Is that what you're up to

Mike Roberts ([00:08:21](#)):

Or wanting to? I got into the cutting horse game about three years ago when I first started riding. I got into the team roping game, and that is not, no offense to any team ropers out there, but that is not where you're going to learn a whole lot about horsemanship. And so I quickly gravitated towards the cow horse on a very amateur level, played around with that for a little bit, and then I got into cutting, and most everybody else that's in cutting, I became very addicted to it. And so yeah, that's what I'm doing now. Still on a very amateur level, still

Warwick Schiller ([00:09:06](#)):

Very, yeah. You said that you played baseball through college and stuff. What did you study at college?

Mike Roberts ([00:09:12](#)):

Baseball. That's what I tell people. I got a piece of paper that says general studies on it. I played JUCO ball up in Kansas for a year, and when I transferred to the four year, not all my credits transferred for a business degree. And so I ended up with general studies.

Warwick Schiller ([00:09:31](#)):

So once you graduated, what did you do then?

Mike Roberts ([00:09:35](#)):

Man, that was one of those times, another dark time in my life. I feel like most athletes can relate to this at some point in their career where you're told you're not good enough to play anymore. That's all I knew my entire life was baseball. That's what I had identified as was the baseball player. And so when I got done, man, I was so lost, I just didn't know what to do. And so that took some time, but I inevitably ended up chasing money. And I started out, I had some friends that got into the pharmaceutical sales and I started trying to go down that road and did a lot of interviews and went and bought a suit and did the whole corporate game. And I just kept getting told no, and doors shut on me. And they're like, yeah, we like you kid. And yeah, this is cool background, but how do we know you are what you say you are?

([00:10:37](#)):

And so I had to go get sales experience, and so I moved to Dallas and started selling office supplies and very much like what is the Michael Scott, the office, very similar to that. And so I got my experience. I'll fast forward this story. It's not very glamorous or sexy, but so I got my sales experience and I kept on the pharmaceutical trail. I ended up landing a gig there and Dallas moved to Austin. Austin from Austin. I got transferred back to Louisiana, so that is home for me is Monroe, Louisiana. And I realized then that the pharmaceutical game was very volatile and people get laid off all the time. And so I was like, shit, man, I need a backup plan I need in case something happens. I need something to fall back on. And so I started, for whatever reason, I don't know how it happened, but I got interested in real estate investing and I read a book called Rich Dad, poor Dad by Robert Kiyosaki,

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

And I highly recommend that book for anybody even if you're not into real estate, because that book didn't tell me how to buy real estate. That book shifted my mindset essentially. I unlearned everything that I had learned my entire life on how you can make money and how you can do what you truly love to do and not have to go work nine to five to do it. And so I just started buying houses, man, one after another, and fast forward a few years, I was able to walk away from the pharmaceutical game and I now do that full time.

Warwick Schiller ([00:12:17](#)):

You said that book, rich Dad, poor Dad kind of changed your outlook on things. Had you been much of a reader, I think you're probably a bit of a voracious reader now, but had you read books of that type before, books that'll change your mindset books that'll make you see the world a bit differently? Had you experienced much of that before or was that your first

Mike Roberts ([00:12:41](#)):

Yeah, so in college, no, you're right. I never read. I didn't open a book in college. And once I got out, I read a book called Think and Grow Rich by Napoleon Hill, another one of those just Game Changers. And I was always just fascinated with the mindset as it related to performance as an athlete and playing, which is a thing now. Every professional organization now has a mental skills coach or a psychologist on staff. But yeah, I was always just fascinated by the law of attraction and just everything that relates to our mind. And at that time it was performance related. And I've since moved into just all kinds of different books. I mean, I'm not going to narrow it down to a genre, but everything as it relates to just being a human, I guess. I think there's a lot of overlap, performance in an arena, performance as a musician, performance as an author, whatever it is. I think it is very relatable. It goes for both performance and just everyday life. The thing we have this brain, we have this mind that never stops turning. And so for me, it's like I'm using this tool to learn more about this tool.

Warwick Schiller ([00:14:07](#)):

It sounds like your first foray is into money, but it sounds like you've kind of looked at things a bit differently from that to quote Mike Tyson, anybody who thinks have a lot of money will make you happy, ain't never had a lot of money. So you've veered off into more philosophical things. So what came first? Did the Instagram account with holding the interesting signs up come first or did the Converse Cowboy podcast, confess

Mike Roberts ([00:14:42](#)):

The podcast came first. Yeah, that's what I was anti-social media before I had the podcast, and I probably still would be if I didn't have have the podcast. I just stayed away from it. And so with the podcast came content creation like this, which I enjoy doing. I enjoy the content creation, but no, I still am. I identify as an introvert. I do see the value in being an extrovert at times, but that was my thing. I wanted to know. I was asking myself, how can I get a message out to a lot of people and not really have to tell it talk? I just don't want to have to speak. It's very uncomfortable for me to do that, and I never want to come across as a guru. There's so many gurus out in social media land nowadays, and I never want it to feel like I'm preaching.

([00:15:33](#)):

And that's why I will most often if I do write something, a caption below those quotes, because what those quotes are for me, it's a journal prompt really for me to explore whoever it was that wrote it and

to put my own interpretation to it and really explore my own mind. And so actually, I just started a newsletter called Thursday Thoughts with Converse Cowboy. And so now those captions that I would put on Instagram or Facebook now go to the newsletter. I'm still going to continue to do the poster quotes, but yeah, that's a long answer to your question. But yeah, the podcast came first and then the poster quotes just came as a byproduct of creating content to build a following.

Warwick Schiller ([00:16:19](#)):

So we chatted a little bit before we came on today, and regular podcast listeners would know that I send my guests 20 questions that I've mostly stole from Dave Asbury's game Changers book. I think it was Dave Asbury's. It's been so long since I stole the thing. I can't remember where I stolen from. And I usually have people choose questions, and you elected not to choose any questions and just kind of go with the flow. But you just said a minute ago about I wanted to have a way to spread a message, and one of those questions in those 20 questions is if you had a message to spread to the world, one that people would listen to, what would it be?

Mike Roberts ([00:17:00](#)):

There's a book called A Man Search For Meaning by Viktor Frankl. He was a Holocaust survivor. And there's a quote in there, and I'm sure I'm going to do a good job of butchering his quote, but it says, the last of the human freedoms is our ability to choose our own attitude in any given situation. And so I think that would be it, just to know that you have a choice, you can wake up and you can choose to be grateful. Whereas it's so easy, I feel like the negative is all around us. The negative is easy. It's easy to blame other people. It's easy to find the negative, but truly the fact that you and I are talking right now and you're in California, and I'm right here in Texas, there's so many. When you truly look for the good and you look for reasons to be grateful, they're so easier to find. And so that would be it. You can't choose your own attitude in any given situation that's coming. That quote's coming from a guy who watched his friends die in gas chambers, walking through snow with no shoes or boots with holes in them. Come on. Our problems aren't as bad as we think they are.

Warwick Schiller ([00:18:08](#)):

Right. I think before we came on the podcast, I was telling you that I did an episode of the podcast called Books that Have influenced Me, and I think pretty sure I've done two of them, but I'm pretty sure it was the first one that me and Searched For Meaning was in there. And actually those 20 questions they came from that, was it Tim Ferriss book, I think

Mike Roberts ([00:18:30](#)):

Tribe of Mentors.

Warwick Schiller ([00:18:31](#)):

Tribe of Mentors, thank you. That's it. And he sent out 20 questions, and basically, this might've been during Covid, but they emailed back, they chose whichever question they wanted to answer with when that Queen sent three or four one, and they emailed him back and he compiled all the answers into a book. And the question, what's your favorite book? The most common answer was Man's Search For Meaning by Viktor Frankl. I think it was over there was 300 people that he'd interviewed, and that book was the number one book. It was the most common book out of the 300 people, that one clocked up the most choices out of all the books. The other part of that question, the question says is your, if you

could deliver a message to the world, what would it be? Or your favorite quote. So do you have a favorite quote or is that Victor Frankl quote your favorite quote?

Mike Roberts ([00:19:38](#)):

No, I think my favorite quote is one by Ray Wally Hubbard, and he says, the days I keep my gratitude higher than my expectations. I have really good days. Greg

Warwick Schiller ([00:19:50](#)):

Wiley Hubbard. Isn't he a singer?

Mike Roberts ([00:19:53](#)):

Yeah, singer songwriter.

Warwick Schiller ([00:19:55](#)):

Yeah, like a Bob Dylan, Woody Guthrie kind of.

Mike Roberts ([00:20:00](#)):

He's great. Great description. Yeah,

Warwick Schiller ([00:20:04](#)):

Yeah. What's that quote again? That was cool.

Mike Roberts ([00:20:08](#)):

The days I keep my gratitude higher than my expectations. I have really good days.

Warwick Schiller ([00:20:16](#)):

Yeah, that's pretty cool. There's a lot to say about gratitude if you're into energy and things like that. The energy of the emotion of gratitude is pretty powerful, and a lot of people talk about that. Next question I have for you, just off the top of my head, I was thinking about those 20 questions. Do you have a favorite book that you recommend to people? Not necessarily your favorite book, but a book that if you're talking to someone, you say, Hey, you should read this book. Do you have one of them?

Mike Roberts ([00:20:50](#)):

I think that my answer would change depending on which week you ask me, but for this week, I would say Atomic Habits by James Clear. Have you read that one?

Warwick Schiller ([00:21:03](#)):

I have it floating around here. We are in the middle of moving. We've just bought a new property. We're in the middle of moving, and I did see that book in passing somewhere, but I haven't read it yet, but I'm pretty sure it's going to end up in the bottom of a box for a while. Because you know what moving is like?

Mike Roberts ([00:21:17](#)):

Yeah, man. You don't realize how much shit you accumulate till you start moving.

Warwick Schiller ([00:21:22](#)):

Yeah, but the thing is, when you get moved, then you lose stuff for a while. We actually, we moved to Australia at the end of 2006, so we took a 40 foot container, my wife's son, 40 foot container, two dogs and two studs, two horses, and our 40 foot container didn't arrive until, I don't know, three months after we're there or something like that. And if you ever don't appreciate your stuff, lock it in a box for three months, open it up again. It was like crisps like, oh, I forgot it. I know. No, it, no, it didn't. Didn't take three months to arrive. That's

Mike Roberts ([00:22:02](#)):

What it was. Love that folks that, yeah, that move across the pond. Yeah. That's the way to do it, huh? You put it in a container?

Warwick Schiller ([00:22:08](#)):

Yeah, in a shipping container. Actually, no. What happened was we put our house on the market in August of 2006, and my in-laws, we said the house will probably take three. We were planning on moving at the end of the year, like December, just after Christmas, and we put our house in the market in August, figuring the house will take four or five months to sell. And then we asked in-laws, could we stay with them after we sell the house? They're like, sure, we got an offer in three days and they wanted a 30 day escrow. So we basically packed up everything into the shipping container at the end of August to move to Australia, but we weren't moving to Australia in January. So my wife and son and I lived in a bedroom at my in-law's place, and we basically only had the clothes in our back and not much more because everything else was packed up, had been put in this shipping container to go to Australia. So we basically didn't have our stuff for probably six months there, and it probably didn't arrive till February and Australia, so probably didn't have our stuff for about eight months. And I'll tell you what, you really get to appreciate the stuff you have when you haven't had it for eight months and you're pulling out of a box by Christmas.

Mike Roberts ([00:23:18](#)):

How was it though, not having the stuff? I know, of course you appreciate it and glad to have it back, but was it kind of nice to declutter a little bit?

Warwick Schiller ([00:23:29](#)):

Oh yeah. Oh yeah. Yeah. Most certainly. The Swedish death cleaning, we did cluttered before we went. Yeah, we went there with 40 foot container, two dogs and two horses and came back with a 20 foot container and two dogs, no horses.

Mike Roberts ([00:23:46](#)):

That's awesome, man.

Warwick Schiller ([00:23:48](#)):

Yeah, that's how that goes. So a question I'm dying to ask you is the Instagram posts that you have and you hold up the big whiteboard with the stuff written on it, those quotes all kind of give me the impression that you're probably a bit of a deep thinker and quite well read and have done some self-work sort of thing, some inner work, but you are podcast, you're interviewing a bunch of horse trainers, and in my experience, horse trainers are not very well read. How do you consolidate those two?

Mike Roberts ([00:24:33](#)):

Well, I guess I am sitting down with them not to get knowledge on the books that they've read, but I'm trying to gain knowledge more about what they've done in their field. They are masters of their craft, and that's what they do. Hell, they could probably write a damn book on what it is that they do or have somebody ghost write it for 'em. But yeah, I mean, I have horse trainers on, but I also have authors of books. I have musicians on business owners. So yeah, it's not exclusively to horse trainers, although I do find myself sitting across some horse trainers often.

Warwick Schiller ([00:25:21](#)):

Right. I talked about this a lot in the podcast and in clinics and things like that, that the old saying outside of a horse is good for the inside of a man. I think there's life lessons you learn from being around horses that you can learn 'em in other places too. They're kind of universal truths. But I think being around horses, especially if people haven't been in nature a lot, I think the further we get away from nature, the more removed from self we are. But I think that one of the great things about horses is people involved in horses, they learn a lot of lessons. They probably couldn't learn other ways. And I bet even though maybe a lot of the horse trainers at you interview haven't read a lot of the books that you've read, I bet that the life lessons, I think the lessons would probably land the same. They just didn't learn it from reading the stoics or whatever, but they learned it from experience. Do you feel that or find that?

Mike Roberts ([00:26:35](#)):

No, I would agree. Yeah, I agree a hundred percent.

Warwick Schiller ([00:26:38](#)):

Yeah, it, it's funny that especially mastering their craft like that, you've really got to be able to figure things out. But yeah, horses really, I think teach us a great deal of stuff. You said you have people other than horse trainers on, you have musicians. Would you say there is a mindset that musicians have that horse trainers? Is there a different way of looking at the world? Because musicians tend to be, there's something about singing and movement and music that I don't know, we connect with something deep. Have you found like there's there a common thread with the musicians or anything like that?

Mike Roberts ([00:27:28](#)):

That's a good question. The common thread, I think, for anybody that I sit down with is, and I may have mentioned this already, but they have overcome some obstacles and they have showed up consistently with a very focused intent on what it is that they're trying to achieve. Now, one of the questions I ask musicians is how do you determine what is a productive use of your time versus a non-productive use of your time? So that's hard to answer because shit, they could be sitting in a field just staring out into the sky and boom, an idea hits them, and now that's a hit. So now is that productive or non-productive laying out in the field? That's the artistic way to look at it. Whereas I don't think horse trainers could just go sit out in the field and expect their horses to get better. So they both have work ethic, yes. But I think the end goal, the result that they're after requires a different discipline, different practice.

Warwick Schiller ([00:28:39](#)):

Have you ever read the book Big Magic by, I think her name's Elizabeth Gilbert, the lady that wrote, eat, pray, love,



Mike Roberts ([00:28:47](#)):

Big Magic. What does it have to do with Eat, pray, love?

Warwick Schiller ([00:28:52](#)):

The lady that wrote, eat, pray, love wrote this book called Big Magic.

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

Oh, no, sir, I've never, I wrote it down. I'll look it up when we get off here, but I haven't read it.

Warwick Schiller ([00:29:02](#)):

It's very cool because she talks about the artistic process and she talks about how you said those artists might sit out in the field and look at the clouds, and then boom, an idea hits them. She talks about where those ideas come from, and she tells a story in that book to where she'd written, eat, pray, love. And now she was a famous author and she was a fan of another famous author, even though she'd never met her. And they both met at a writer's conference where they were presenting at something one weekend. And so, Hey, how you going? I'm a fan of you. And she's like, yeah, I'm a fan of you too. And they hug and spend the weekend together. And then for the next two years, they don't write emails, they don't text each other, they don't phone call. They write letters to each other for the next two years.

([00:29:52](#)):

And she had this idea that she was going to write this book, and the whole storyline was, there's this family in Canada, the father and son, they have an oil drilling business up there. And then there's a girl who works in the office, runs the whole business, and the son decides he wants to go to South America to look for oil. So he goes to South America, but he disappears. I don't hear from him, and the father can't leave the business alone to go look for him. So that the lady that runs the office, she decides to go to South America to look for it and adventure ensues. That's the book she's got in her mind. But she never really did write. It just, I dunno, just couldn't bring herself to do it. And then it all fizzled out. So she hasn't seen this other lady for two years, and they meet up somewhere and Elizabeth Gilbert says to her, so what are you doing?

([00:30:41](#)):

She goes, the other lady says, I've just finished my new book. And Elizabeth Gilbert says, what is it about? And the lady says, well, it's about this father and son that have an oil business in Canada, and there's a girl that runs the office and blah, blah, blah. And tells exactly the same story that Elizabeth Gilbert was going to write and didn't write. And Elizabeth, that's wild. Elizabeth said, so how long have you had that idea? She goes, oh, the other lady said, oh, it came to be about the same time we met. And Elizabeth Gilbert in this book, she's trying to say that there's magic to creativity. And she said, if you get given the gift of creativity, if you get given an idea and you don't act upon it, the universe will take it away and give it to someone else. And she says, I'm pretty sure that when we hugged, when we first met at that writer's conference thing, that I lost that idea because it had been, I'd been wandered around with it for three or four years and hadn't done anything with it, and it got taken away from me.

([00:31:37](#)):

And later in the book, she talks about musicians who had the same experience in their head. They'll write a melody in their head and they'll write a song in their head, but they don't actually write it down on paper or do anything with it. And they'll be driving somewhere and a song, their song will come on

the radio, same music, same lyrics, same rhythm. It's like, that's not, a bitch was in my head and stole my song. But she's talking about how you get given these ideas and if you don't use them, it's about the creative processes is basically what it says. And she says, I was always a writer. She said, I've been a ranch hand, I've been a short order chef. I've been a house cleaner. I was always a writer, but I never really wanted to rely on writing for my put food on the table. That doesn't mean I'm not a writer. It is just about that pure artistic thing, whether you make a living at it or not. It's a fascinating book, one of my favorite books to read,

Mike Roberts ([00:32:39](#)):

Actually. Yeah, that's wild, man.

Warwick Schiller ([00:32:44](#)):

So I was talking about how you've interviewed people who aren't horse trainers as well, and we'll just talk about musicians, but one that really fascinated me that you've interviewed is Steven Kotler. So when I did my book podcast, my podcast on books that have influenced me, my favorite book I said in there was Stealing Fire by Jeanie Wheel and Steven Cotler. So how was that chatting with him?

Mike Roberts ([00:33:09](#)):

Man, I walked away from that interview just wishing I could talk to that guy every single day. Who was that? He's another one of those that has just spent years and decades dedicated to mastering his craft as a writer and also as a neuroscientist. He's just a wealth of knowledge. And yeah, I'd love to, he had a hard stop at an hour and I could have kept going for another two or three all day, really? So yeah, that's the thing, man. Whenever I question like God having bad days with the Converse Cowboy, whatever, I think about those times and it's like, shit, man, wouldn't, Mike Roberts wouldn't have had the opportunity to sit down with Steven Kotler for an hour and sit there and pick his brain out of my own curiosity. And so yeah, it just motivates me to keep going, being able to sit down with guys like that.

Warwick Schiller ([00:34:12](#)):

And so you, you've read Stealing Fire?

Mike Roberts ([00:34:15](#)):

Yes, sir. Yep. It's been some years now, but yep.

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

If you remember, what was your favorite part about that book?

Mike Roberts ([00:34:27](#)):

I had have to go back and look at it, man, I couldn't answer that right now. That's the thing. And that's why I like the hard copy books because I can't go back and look at 'em because I do highlight, let's see, can you see my camera or no?

Warwick Schiller ([00:34:41](#)):

No, I can't see your camera.

Mike Roberts ([00:34:43](#)):

Oh, I was going to show you this book. I got Atomic Habit sitting here, but I have, each pages are tabbed out. It's highlighted. I highlight and yellowed the first time I read it, and then when I go back, I change the highlighter color. It'll be orange the second time and then pink the next time. And so by the end of it, most of the books that I reread, it looks like a fucking rainbow. But yeah, that's why I do it, because I will forget it's in there somewhere in my subconscious. But to sit there and pull a quote out, I couldn't tell you from stealing fire. I couldn't tell you what stood out to me.

Warwick Schiller ([00:35:24](#)):

What's interesting that what you just said though about the different colored highlighters, I've never heard of doing that, but there's this guy I started following on YouTube recently, and he's pretty deep sort of a thinker. And what he did was he had this dark night of the soul, this existential crisis, and spent three years just reading books, voraciously reading six hours a day sort of thing, and highlighting stuff in these books. And so he has a YouTube channel and he talks about, I'll tell you what his name is, his last name's Thornton. What is his name here for you? People at home? Jordan Thornton is his name. Inner work, Jordan Thornton. Inner work is his YouTube channel, holistic teachings and esoteric practices for and self-expression. But anyway, he held this book up to the screen and he says, and what I did was I went down, I sat down and I read all these books and I highlighted stuff and he opened one of the books up and it had all these different colored highlights in it.

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

And I didn't even probably see the fact they were all different colors until you just said that. And I'm like, Hey, that Jordan Thornton dude had the same thing. Yeah. And yellow. So you find when you do that, it's kind of like 20 year old, you looks at a situation different than 30 year old you than 40 year old you sort of thing. Do you find a lot of times when you go back and read it a second time that your different things jump out at you and you're highlighting something different than you were highlighting the first time?

Mike Roberts ([00:37:08](#)):

Oh, for sure. I'll bring up Jose Cruz again, horse trainer that was in here yesterday. He said he's constantly seeking advice, and he said the right advice has to hit you at the right time, right? The right advice has to get to you at the right time because you could get the right advice at the wrong time and it just goes over your head. And so yeah, I find that with books, I'll go back and reread it and I'm like, holy shit, I completely missed this. And so that's where that other color highlighter comes out, and your perspective changes. What you're focused on at that time may change your awareness changes. So what you pick up on now, you may have overlooked five years ago, some other people may catch it all every time. But that's just the way my brain works.

Warwick Schiller ([00:38:03](#)):

No, I think that's a very common thing. I think you can only see what you're ready to see, and as you start look at things differently, different things would jump out at you. So another guest that you had on the podcast who was not a horse guy, there's a fellow named Kevin Kelly. So Kevin Kelly ran a sub four minute mile, and he's one of 1,663 people to ever do that. How did you come across Kevin Kelly?

Mike Roberts ([00:38:39](#)):

Isn't that wild to think that somebody can run a sub four minute mile? You've heard of the Banister Effect.

Warwick Schiller ([00:38:47](#)):

Once he did it, other people could do it.

Mike Roberts ([00:38:49](#)):

It's so crazy. So how did I come across Kevin Kelly? So there was a little fun run. My office is catty-corner to a local brewery, and they do a little five K on Thursdays throughout the year. And so I run, and I didn't know who he was at the time. And this quote, fun run, we're pushing a six minute pace and I'm trying to talk to this kid. He's from Ireland, and just kind of hearing his story as I'm trying not to pass the fuck out. And yeah, come to find out, I talked to some other guys in our running group and they're like, yeah, that's Kevin Kelly. That's the guy we were telling you about the sub four minute miler. And I'm like, holy shit. It would've been good to know that information before we started the fun run. But yeah, so we went and had beers after that. He had been following the podcast and he had questions for me, and I of course had a bunch of questions for him. And just in that night I was like, dude, I got to have you on the show, man. I want to dig more into this. And so a few months later we set it up and got him on the show.

Warwick Schiller ([00:40:04](#)):

A lot of my podcast guests, I've met them somewhere and I'm like, oh, I'm got to have this person on the show, right sometimes. Yeah,

Mike Roberts ([00:40:15](#)):

That's right. A lot of those, sorry, go ahead.

Warwick Schiller ([00:40:19](#)):

Oh, I was just going to say, sometimes they're horse people, but sometimes it's totally, totally random.

Mike Roberts ([00:40:26](#)):

And sometimes it happens rarely, but when it does, I wish I had a microphone and a recorder there for those conversations. And a lot of times it's for an interview that I have and all the good stuff either gets said before the mics come on or after the mics go off.

Warwick Schiller ([00:40:48](#)):

Yeah, that's pretty common. I kind of stopped having too much of a conversation with people before I start the podcast I did with you today. I basically wouldn't know nothing about each other, but because I've had the best podcast that I didn't record in just the conversation before the podcast, because it's pretty real. It's pretty authentic. And I tell you what, I've had people on the podcast who have hugely fascinating people that as soon as you have these great conversation and then you press the start button and you go, welcome to the Journey on podcast. And they kind of look at you and they go, well, hello. A minute ago, this stuff was just flowing out him. Yeah, I totally

Mike Roberts ([00:41:38](#)):

See it, man.

Warwick Schiller ([00:41:40](#)):

And it's so weird. I mean, I don't know how big a social media following you have, but it's so weird people's perception of you. I'm just me and I like to chat to people and have interesting conversations or whatever, but because people listen to you on the podcast, listen to the podcast when the average person they meet you, they get that bit of a fan girly look and for quite a long time. It's weird. It's probably no less weird, but I do get where they're coming from because you tend to assign meaning to somebody that's you just project onto 'em what you think they are. You know what I mean? But it's just kind of weird when you can encounter that.

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

Yeah, I know exactly what you're talking about.

Warwick Schiller ([00:42:43](#)):

So Kevin Kelly, he's Irish, is he?

Mike Roberts ([00:42:46](#)):

Yeah, he's from Ireland. He's from Ireland. He just happened to move to Monroe, Louisiana.

Warwick Schiller ([00:42:52](#)):

Really? Does he have a translator?

Mike Roberts ([00:42:56](#)):

He needs one. He needs one. No, he is coaching there or helping coach there at the university.

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

Oh really? I was going to say, coming from Ireland, moving to Louisiana and being a runner, going from a cold, windy place to a hot, humid place, it's got to be a bit of a challenge.

Mike Roberts ([00:43:21](#)):

Yeah, yeah. I don't know. I'd be curious to know if there's ever been a sub four minute mile ran in Louisiana.

Warwick Schiller ([00:43:29](#)):

So has he done it multiple times

Mike Roberts ([00:43:33](#)):

Or was there No, I believe it was just that one. Yep, just that one time.

Warwick Schiller ([00:43:39](#)):

And was he trying to run, we trying to set this thing up today. I'm going to run a four minute mile or just so happened that he, one day he ran a four minute mile. Do you know that?

Mike Roberts ([00:43:49](#)):

No. Yeah, he set it up and it was on a track and there were other people there. Other people did the same thing that day. And yeah, it was just crazy to hear the training and the preparation that went into

it. And then it was like the night before, I think he said he had three or four beers as I guess anybody from Ireland would do. That was probably great. He just went and did the damn thing. Yeah, I watched the video and yeah, he was breathing hard afterwards, but it wasn't what I would imagine I would probably be in the fetal position doubled over. I think about that too. We will do track work. We do workouts on Wednesdays at the track and just doing a 200 meter, 400 meter workout, and I'm like, holy shit. He maintained this pace for a mile and it really puts it into perspective.

Warwick Schiller ([00:44:53](#)):

So you probably wish you had have known that before you started running beside him and doing a five K and trying to have a conversation.

Mike Roberts ([00:45:00](#)):

Yeah, for sure.

Warwick Schiller ([00:45:03](#)):

What do they call that in running terms that there's a term for a speed that, what do they call it? There's a speed you can run at that. They have a name for it, but it's the speed you can run at and maintain a conversation. What's the name of that? Do you know?

Mike Roberts ([00:45:23](#)):

I don't know. But we do it. I mean, every day we run, I mean we're going to run five plus miles. Five is just the low end. We'll do 10 mile Fridays, but we're talking the whole time. I don't know what the name of that is, but

Warwick Schiller ([00:45:42](#)):

So we

Mike Roberts ([00:45:45](#)):

Is me and the running group that I found out about in Monroe, Louisiana. And so it's interesting whenever you do go into something like I started running, I read a book called Can't Hurt Me by David Goggins, and I never was just a big fan of running in college. I did some amateur boxing when I got out, got done playing baseball just to find something competitive to do. And of course, it's in your best interest to be in the best shape you can be in when you're in the ring and somebody else is throwing their fist at you. So I got into running then, but not like I am now. And I would always just make the excuse like, well, nobody around here runs, nobody's into that until I started doing it. And then different doors started open more opportunities with the running came along, and then I just fell in with this group. And there are a bunch of badassess that ran. They all ran in college and just a positive motivating group to be a part of. And yeah, I never in my wildest dreams thought I would enjoy running. But yeah, I truly, I got heavy into it, was doing some races and now it's more of I just fit it in for my own sanity.

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

And your knees are holding up good.

Mike Roberts ([00:47:19](#)):

Yeah, knees are good, man.

Warwick Schiller ([00:47:22](#)):

Were you one of those guys that just loved training or did you train because you wanted to be good at the game, but the training you could give or take?

Mike Roberts ([00:47:34](#)):

I love practice. I love practice. I loved hitting. And the workout part would be the second part of what you just said. I did that so I could be a better baseball player. I didn't much gear for the conditioning, early morning conditioning workout weight room. Yeah. But on the field, loved it.

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

So how'd you go with the boxing then? Because that's a lot of work like that too.

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

It was very short career, very, very short career. I think only had two amateur fights. And then I got invited to do in Louisiana it's called, I think in Texas they call it guns and hoses where the firemen fight the police battle of the badges is what it's called. And so they were short of fire? No, they were short of policemen. So I fought on the police side. It was fun. But man, that shit hurts though, man. The training, sparring, all of that, I still enjoy it. I have a heavy bag in my barn, speed bag, all of those things I love jumping rope.

([00:48:45](#)):

Again, it was more of the locker room vibe in that gym that I was addicted to. I think that's why I went in that dark place. Not only was I identifying as a baseball player, but you lost that camaraderie. You lost the locker room, you lost all of your guys that were around you that essentially became your tribe. There was no, I never understood the fraternity game. That was our fraternity. So yeah, then they pull that from you and you're on the island all by yourself. So I think that had something to do with the boxing. It was fun going into the gym. Yes, training. You're getting healthy, you're doing all those things, but just hanging out and being a part of something.

Warwick Schiller ([00:49:37](#)):

Right. Ken, you've mentioned it a few times, so hopefully we can go there. Talked a fair bit on the podcast about mine. You keep mentioning being in a dark place. How did you help yourself out of your dark places?

Mike Roberts ([00:49:56](#)):

Yes, we can absolutely go anywhere. I am an open book. The first one, I don't really know, it was just unaware, just kind of going through the motions, trying to find my way. The second one was I went through a divorce and I did a whole lot of soul searching. And yeah, I remember, man, I moved out of my house. We had 300 acres, built the house together, did the thing. I had what society would consider success, right? Had a great job, six figures, company, car, pretty wife. Her family had a business from the outside looking in. It was great, but something deep down, I knew it wasn't right. And I look back on it with gratitude. I'm grateful she had the courage to be like, Hey, dude, this isn't working, this isn't it? And I think it was one of those, okay, I'm 30 now and this is the next step. You get married and this is it. This is what you're supposed to do.

([00:51:08](#)):

So yeah, I remember, man, I moved out, I moved into a little apartment and it was just white walls, like a damn hospital. And I would just go through the motions of life, dude. I would go to work, I'd come home, I would eat a TV dinner. It's like something out of a movie. I ate a TV dinner and just feel sorry for myself. Didn't want to talk to anybody. Some days it was just hard to get out of bed and do anything to get motivated to do anything. And I just started reading. I started reading a lot of different books and I think that along with some guidance, I joined a deal called Fit for Service, Aubrey Marcus that owns on it down in Austin. He started it. And that year, that was the year that not, that is the year that it broke me out of that because here's the deal, I was depressed.

(00:52:09):

I didn't know it at the time. I didn't know that was what that was called. But I was depressed more so my ego was depressed. I feared what other people may think of me in the fact that that relationship didn't work out or I feared that I wasn't presenting perfect to the rest of the world. And I learned there's a book called The Way to Love, and it talks a lot about attachments and attachment being seeking anything outside of you for external validation, whether it's material things, people, relationships, anything outside of you. And so through a lot of inner work, man, a lot of soul searching and inner work.

(00:53:03):

That's why I focus so much on gratitude and I talk so much about it now because yeah, I look back on it and it's like is easy to see now. At that time it was just so dark and gray and I just didn't know. And I was scared to talk to anybody about it. If I did talk to somebody, I was just wanting to hear what I wanted to hear. You know what I mean? And so it's so clear now, and I see people in my situation. I see people in the situation that I was in then and I try to help them out, but it's one of those, nobody could have helped me out. I just had to figure it out on my own.

(00:53:53):

I had to put in the work to really get over all of that. And I talk about that now with mental health. People want to throw that around very loosely, and they want to throw anxiety around and depression around. That's a thing. It's a real thing. And I understand people are clinically diagnosed with that, but it's no different than physical fitness. If you don't go to the gym, you're not going to be fit. If you don't go run, you're not going to be fit. If you don't put in the work, you're not going to reap any benefit from it. It is the same for the mental side of it. For me, mindfulness practices are huge. I can tell a difference when I meditate, when I don't. I can tell a difference when I do cold plunges and when I don't. I can tell a difference when I journal and when I don't.

(00:54:41):

And so all of those things combined is what brought me out of that, along with just being vulnerable and being raw. And hence the Converse cowboy that was born shortly after that time. And so it was one of those I learned I've got to be comfortable in uncomfortable situations. That is where the growth lies for me. If I fear it, I think there's a quote, it says, I don't think I know there's a quote, I don't know that I know it to quote it, but the cave you fear to enter holds the treasure, treasures you seek. And I think that's so true because anytime I've been faced with an uncomfortable situation and I do show up and I deliver with courage, then there's always a great outcome on the other side of it. And so yeah, going to stop there. But yeah, that was it in a nutshell.

Warwick Schiller (00:55:49):

So how long have you been doing the ice pots

Mike Roberts (00:55:54):



About that same year? I don't know. It's been a few years now.

Warwick Schiller ([00:55:57](#)):

You're doing

Mike Roberts ([00:55:58](#)):

'em regularly now, and if I don't have a cold plunge to get into, I'll just turn the shower on the cold.

Warwick Schiller ([00:56:05](#)):

You do 'em as regularly as you can,

Mike Roberts ([00:56:08](#)):

As much as I can. You

Warwick Schiller ([00:56:13](#)):

Ever played regular with any of that stuff? Yeah, yeah. For quite a long time. I had a chest freezer that I'd sealed up and stuff and had it in the garage and I'd have cold plunges every day. And my wife used to look at me like, there's no way I'd do that. But my wife listens to lots of podcasts and she just kept hearing enough stuff about the benefits, the cold plunges, and I did it for mental health benefits, really good to reset your dopamine levels and stuff like that. So my wife's really into being physically healthy, and so I was doing it for mental health. But she'd started listening to all these podcasts and I were telling her about the physical health benefits of the cold plunges. And I hadn't had that chest freezer filled up with water for a while because I got to the point to where, oh, I'm going to go on coal pot.

([00:57:07](#)):

I just walked down the hole out into the garage and I could hop in and it wasn't a big deal. So it was no longer a challenge. So I kind of stopped doing it, and then my wife decided she wants to do it. So we filled this chest freezer up and we just filled it up. The first time she did one, we filled it up with just water out of the tap. So I think the water was like 76 degrees or something or other room temperature water. And she got in and you'd have thought she was in the Antarctica. She thought that was cold. And so she started at 76. So we turned it on, and then the next day two, she's 72, and then she's 68, then she's 62, then she's 58, then she's low fifties. But then she reads that you don't really stimulate the vagus nerve until you get below 45.

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

And so she says, that's where we've got to get to. We've got to get to 45. Well, I'd always had mine about 48 when I'd been having them, and there's a difference between 48 and 45. But when I first started back up again, when she was doing them, my first one at 45, I think I jumped out. I dunno, I think my brain went, no, and I jumped. But my wife, when she gets into something, she gets into it. And so now she's actually, she's bought a professionally made unit and she's got a qualification to lead. She went to one of those institutes and got a qualification to lead people through ice baths. And so last October in San Antonio, we had our first journey on podcast summit. So it was a three day summit. We had 250 people there, and we had 22 presenters who were 22 of the first year's podcast guests.

([00:58:50](#)):

And it was pretty amazing experience. Actually. Everybody rocked their A game. Everybody, all the presenters rocked it. But my wife had found a wellness studio in San Antonio and rented it at nighttime.

And so on the Saturday night and the Sunday night, she led two different groups of 12 people through their first ice bath and right on. And I helped her a bit too. They had two ice baths in this thing. So we'd kind of go two at a time. One was at 45 and one was at 52 or something or other. So I helped the people through the less cold one. But what was amazing was just watching those people, they get in there and their face is terrified and about the five 42nd mark, they get this look, come over their face. Not only am I surviving, I'm thriving. And it's pretty amazing to watch that transition.

[\(00:59:53\)](#):

My wife did the same thing the first time she had quite a cold ice bath, quite cold for her, was probably about 48 or something. And she got in it and you could tell she was freezing to death. And I was just coaching her through it. Just focus on your outbreath. Just slow outbreath, slow in for four out for eight. And at some point in time, the switch flipped for her and I could see she turned it into a competition and she's like, I get this bitch I can do. And that was the day that she was hooked. It's like, oh yeah, it's me versus the cold every day. We don't get as cold here in California as the dude down there, but we've been having outside ones this winter. We just put a big rubber made trough out in the patio, and I don't know where you'd do, but there's something different about doing them outside in nature with the sun on your face. I'm not saying it's warm because it might be 32 degrees outside, but there's something about being outside in nature when you're doing 'em. That's totally different than being in the garage. I dunno if you've done 'em outside or not.

Mike Roberts [\(01:01:02\)](#):

Right on in lakes. I've done 'em in lakes and yeah, I know what you mean.

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

Actually, I was in Argentina recently and I got in a lake that has a, what's that thing called? A glacier? There you go. Thank you. It has icebergs and glaciers in it, and it was, I'm guessing it was mid thirties, but it was pleasant. It was just a gorgeous experience. Just you don't feel the cold. You know what it's like once you get good at ice baths, it's just a strong sensation, but you don't judge it as hot or cold or whatever. When you mentioned something about your ice baths in that, when you were chatting there a minute ago, you said something reminded me of, so when we did that podcast summit in San Antonio last year, my wife had two of her good friends come along and help check people in and things like that. And one of 'em said, I am not going to do an ice bath.

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

I've got no interest at all in doing an ice bath. And someone said, oh, you're scared. And she said, no, I'm not scared. I just don't like being cold. And I said to her, actually, you were scared of being cold. And the thing about exposing yourself to that over and over and over is after a while when you get comfortable with being uncomfortable, you're not scared of it anymore. And I think that's kind of what you were trying to get at. When you push yourself to those things that you end up, when you get comfortable with being uncomfortable, it's not uncomfortable anymore.

Mike Roberts [\(01:02:44\)](#):

Yeah, that's so true.

Warwick Schiller [\(01:02:47\)](#):

Yeah, it it's a mindset. So what got you into the into the coal plunges? When did you start that?

Mike Roberts ([01:03:02](#)):

That would've been through that fit for service? That was Oh,

Warwick Schiller ([01:03:06](#)):

Okay.

Mike Roberts ([01:03:08](#)):

That was part of the deal. So what that deal consisted of is I believe we would have a weekly chat, like a live chat on Instagram. We had four summits a year where the whole group was a hundred people from all over the world. And we would meet up in four different places throughout the year, and we'd have monthly reads. So it'd be a monthly book to read. And yeah, that's where I learned about the cold therapy.

Warwick Schiller ([01:03:38](#)):

Really. So that's Aubrey Marcus's deal.

Mike Roberts ([01:03:41](#)):

Aubrey Marcus. Yeah.

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

Yeah. So when you do those things four times a year, did you do any holotropic breath work?

Mike Roberts ([01:03:51](#)):

We did, yeah. Man, that was wild. How cool

Warwick Schiller ([01:03:53](#)):

Is that? We did

Mike Roberts ([01:03:54](#)):

That one. We did that one. Yeah. It was either in Sedona or LA or Malibu. I'm sorry. I think it was in Malibu. Dude, that was wild man. I had never done anything like that. And I've done L S D, I've done mushrooms, I've done ayahuasca, that deal, which is crazy. That took me to another planet man. And what's crazy is that it's free and it was just your own breathing. And it was an hour. We did one hour. It was a guided breathwork session. And yeah, man, it was amazing.

Warwick Schiller ([01:04:35](#)):

Yeah, I'd done it once and it was actually at an ayahuasca ceremony in Florida, went to a few years ago. And the best thing about the whole ayahuasca ceremony was the fact we did the holotropic breath work one afternoon. I thought it was way better than the way better than the ayahuasca.

Mike Roberts ([01:04:50](#)):

That's awesome. I would've to agree based on my own ayahuasca experience. I think the breathwork was way better.

Warwick Schiller ([01:04:58](#)):

Was your ayahuasca experience. So there was 50 of us at this thing in Florida, and some of those people, the day after they were walking around, there was light shining out of their face. They were beaming. Some had the most amazing experience. How was your Aya experience? Was it the absolute life-changing experience or was it like, yeah, that was part of my journey.

Mike Roberts ([01:05:29](#)):

No, I wish I could say it was the life-changing thing, but no, I did mine down in the Amazon and it was just me and another girl from Australia and a guy from New York. And no, it was very, I think the reason why my ayahuasca experience wasn't great is because I didn't really trust the guy doing, I didn't trust the shaman, and my guard was up the whole time. And so I recommend if anybody's going to do that, and I did vet it, I did vet it, but go off of a referral basis. You don't want to have to worry that you're in a sketch place. And so I think that interfered with the whole deal.

Warwick Schiller ([01:06:19](#)):

Yeah, you've got to be able to let go. One of my podcast guests is a lady named Karen Rolf. She's from Florida trains horses, and she was telling us about her ayahuasca experience, and she actually went to the same place I went to and you do three ceremonies. One on Saturday night, one, no, sorry, one on Friday night, one Saturday lunchtime, one Saturday night. And she had some amazing experiences that the first two, and so the third one, she thought, I'm not going to do it. Oh yeah, okay, I'll do it. Yeah. Okay. So she takes ayahuasca and I don't know if they do it in the Amazon, but at the one I went to after an hour, they ring a bell, and if you feel like you're not getting anywhere, you can put your hand up and I'll bring you around another dose. She said she was laying there and nothing's going on, and they rang the bell.

([01:07:18](#)):

She thought, yeah, maybe I probably should go a bit deeper, maybe I'll have another dose. So she said, I sat up and put my hand up, and as soon as I sat up and put my hand up and basically let go, said Yes, I want to go deeper, the first dose that she took hit it like a ton of bricks, hit it like a lightning bolt, and off she went. That's awesome. It was her rejection, not rejection of, but she hadn't, wasn't all in with that dose that she had. She was like, I'm not really possibly going to do this. And when she finally decided, yes, I want to go deep, she didn't need any more medicine. The medicine, she allowed the medicine to do it, to run its course. So do you think the psychedelics have been good for you as far as depression and things like that as far as your mental health?

Mike Roberts ([01:08:15](#)):

Oh, for sure. For sure. I mean, I really didn't start playing around with that stuff until after. I had somewhat overcome all of that on my own. But yeah, for sure, man, I will microdose from time to time and every now and then, just take a full blown dose of mushrooms. Haven't done it in quite some time, but I always find it very beneficial and I always do it alone. I don't want to be around anybody. I just want to be by myself. And it's very intentional, very much like a ceremony. I know some people, they take it and go to parties or whatever, and that's fine, but that's not what I use it for.

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

Yeah. I've only done one guide does mushrooms, which was, I had a guide, so it was a whole day thing where I, I actually had a husband and a wife guide me. It was really, really cool because when you

needed a feminine energy, you could have the wife and she was there with you. And then when I needed the masculine energy, I could have him come over and sit there with me and yeah, it was That's awesome. Was cool. I can't imagine doing that stuff though for fun. None of the psychedelics I've ever done have been the slightest bit fun, but they all have been very healing and a big part of my journey. But it's not like, oh yeah, I'd do that. That's fun. It's like shit. It's like fighting Mike Tyson or something like that. You're going to like, okay, am I actually going to do this? I've not found it to be fun at all. I can't imagine it being fun.

Mike Roberts ([01:10:03](#)):

Yeah, once you're in it, you're in it. There's no getting out. You can't just get off the train.

Warwick Schiller ([01:10:11](#)):

No, you can't get off the train. I'll tell you what, when we went to that wellness studio in San Antonio during our podcast summit last year, so we rented out the studio for the two nights that we were doing it. So they were closed, and we show up, and we only rented it for the ice bath, but they have red light therapy, they have Swedish sauna, they have infrared sauna, they have massage chairs, they have compression suits like the game ready stuff. But then they said, oh, we've got this thing called the Pandora star, and I'm like, Pandora star, what's that? And they said, it's a meditation device. And I'm like, I'm interested. And so you go in this little room and it's round, it's a round thing, it's about five inches across, I guess, and it looks like a shower head, and it's got these LED lights in it, and it's on a camera stand, and you kind of lay in this recliner, and that light is probably four feet from your face sort of thing.

([01:11:20](#)):

And they put headphones on you. They say, close your eyes. And what happens is you close your eyes. And so this Pandora staff flashes all these bright LED lights through your eyelids, and it can have kind of a psychedelic effect depending on, there's like 50 programs or something in this thing. One of them is called acid squirrel, and it actually is like psychedelics. I'm like, sign me up, hit me up. And so I'm sitting in a chair in a room, I close my eyes, put these earphones on, close my eyes. They start that thing, and you are immediately in a full blown psychedelic experience. It is no different than, it's all the same fractals, and it's almost the same ego death thing to where I feel like I'm going to die. Not I'm going to die, as in my physical body's going to die, but I'm leaving it. I'm no longer in it. But the thing about this thing is you can open your eyes and sit up. You don't want to look at those lights. I'm blind you, but you can, it's too much for you can just open your eyes and sit up. So yeah, we ended up buying one after that.

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

It's pretty crazy, but you get to have that full on psychedelic experience without psychedelics.

Mike Roberts ([01:12:42](#)):

That's interesting.

Warwick Schiller ([01:12:44](#)):

Yeah, pretty crazy. But the Aubrey Marcus thing sounds cool. I want to hear more about that. So you went to, yeah, check it out four different places during the year?

Mike Roberts ([01:12:57](#)):

Yeah, the first one was in Austin, second one was Sedona, and then, oh, we went down to Tulum, and then Malibu was the last one.

Warwick Schiller ([01:13:08](#)):

Wow. And when you sign up for that thing, do you sign up for the whole year and all those are part of it? Is that what it's

Mike Roberts ([01:13:16](#)):

Yeah. Yeah. I think he had different options, but I just signed up for the year.

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

Yep. Yeah, some of his stuff popped up somewhere recently. I was looking at it and thinking, Hey, this some pretty cool stuff. I think I saw a video of one of the retreats, maybe the one. It could have been in Sedona. It certainly looked Sedona ish, and I think they were doing some holotropic breath work in that video. I saw. That's kind of why I asked you that.

Mike Roberts ([01:13:42](#)):

Right on.

Warwick Schiller ([01:13:45](#)):

Okay. What other questions have I forgot to ask you? What's your plans with the Instagram account and the podcast? You think you're going to keep going in the same vein as you have been, or are you going to change colors with your highlighter and you've done the yellow highlighting and you're going to do some orange highlighting?

Mike Roberts ([01:14:07](#)):

Yeah, I kind of have, last year I got away from doing the video interviews where I used to tote a camera crew with me. And so I would set up interviews for one week out of the month, and we'd go knock out six or seven interviews in a week and doing two. And I remember one time we did three interviews in a day and just, I got somewhat burnt out and I felt like I was just checking a box, feeling interview spots. And so last year I did away with the camera crew, and I'm doing audio only now because I did a poll from the audience, the listeners and shit, man, even if they were watching it, I think most of 'em were just, they put it on YouTube and then just set their phone down as they drove down the road. And so I'm more, I guess, nimble with that.

([01:14:56](#)):

It's a lot easier to do and I'm enjoying it. And so yeah, I've got that going. And I am, I'd like to get more into the rodeo scene this year, get some rodeo athletes on the show. And I did a little bit of that with K this past year at the N F R I sat down with some of their rodeo athletes that had made it to Vegas and really enjoyed it, man, I love that dynamic. And so I'm going to go down that road and continue to do authors, musicians, typical Converse cowboy stuff. And again, like I said, I got the newsletter that I just started, and so that'll be coming out weekly.

Warwick Schiller ([01:15:43](#)):

That's awesome. So how do people sign up for your newsletter?

Mike Roberts ([01:15:47](#)):

Well, there's a link in my bio and the Instagram bio also in Facebook. And they just click on that link and plug in your email.

Warwick Schiller ([01:15:58](#)):

Do you have a website as well? Yes,

Mike Roberts ([01:16:01](#)):

Sir. Converse cowboy.com.

Warwick Schiller ([01:16:03](#)):

And what are you on Facebook?

Mike Roberts ([01:16:06](#)):

I don't even know. It was weird. For some reason, I think Converse Cowboy was taken, but if you search the Converse Cowboy, you should find it.

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

I've got it right here. Let me have a look and we'll do a little bit of searching in the middle of the podcast. Okay. It is the Converse Cowboy, is it?

Mike Roberts ([01:16:27](#)):

I think so. That's one of those. It's kind of been like the stepchild, man. The content I put on Instagram just carries over to Facebook, and I haven't really given much attention to it, so it's interesting to see that it's grown the way it has, and I haven't really given much attention to that platform.

Warwick Schiller ([01:16:45](#)):

When I put in the Converse Cowboy into Facebook, it just comes up as the podcast. Oh, really? Yeah. We'll figure that out. Put it in the show notes. Anyway, well, that's been, that's awesome. You're not too big on Facebook book.

Mike Roberts ([01:17:04](#)):

No, I was just going to say I'm not big on plugging myself.

Warwick Schiller ([01:17:08](#)):

That's the thing. This is the same with this podcast. This is called The Journey on Podcast, and it's about people's journeys and the trials and tribulations along the way. And what I like about it is everybody's had setbacks and everybody's had tough times, and everybody has had self doubts, and especially the self doubts. And I think, you know how you said when you're suffering from depression and you started sharing with people and there's something about being authentic about what's going on and sharing it with somebody else and getting positive feedback, you tend to think they'd laugh at you, but you always get Yeah, me too. I totally get where you're coming from. I've had that. And so that's the thing, that's why I asked so many questions on the podcast, because if listeners can get the idea that they are not going it alone with whatever's going on with them, it gives you a bit of hope. And so yeah, the podcast, I

didn't call it the war podcast. It's not about me. I'm just, I start the podcast out saying, good day. Welcome to the Journey on podcast. I'm your host for it chiller. I'm just the host of the whole thing.

[\(01:18:31\)](#):

Yeah. So I totally get where you come from. You're not plugging you, you're plugging a platform that's out there helping people. And one of those things that you posted on Instagram, one of them is so, I mean, they're all very true, but one of them that said, life has a funny way of giving grateful people even more things to be grateful for. I think when you are grateful, you tend to help others and give things. And I think when you give things, Tony Robbins talks about this, listen to a podcast him one time, and he was talking about, he had talked about there's five things you've got to have to be a complete human being or whatever it is, and he said, but then there's the sixth and the seventh thing and they're harder. And number six is giving and giving with no expectation of getting anything back from it.

[\(01:19:27\)](#):

He says that's like a game changer. And what I have found is when you can do that, that's when you get given even more things to be grateful for when you can give in whatever way you can give, and I'm not saying you've got to sell your house and give the money to somebody or anything like that, but give in whatever ways that you can contribute to the world and do it for the doing of it, not for anything. You might get back from it because it's pretty easy for people to go, oh, I'm going to start doing this because then I'll start getting this. And it's almost like that Elizabeth Gilbert's big magic book. I don't think it works that way. It doesn't work if you say, I'm going to start giving so I can start getting, the giving is not received by the I really. I mean, there's some woo woo stuff, but I think that the giving is not received by the universe in the same way if you give because you think you're going to get something out of it.

Mike Roberts [\(01:20:32\)](#):

Yeah. That's called manipulation. And I think there's a universal law, it's called the Law of reciprocity, and I've seen it in my life, and whether you're giving time or you're giving monetary value, you will get that back. And I've seen it tenfold or more, but yet the giving has to come. There cannot be an intention or an expectation of receiving because you are giving, right. It's counterintuitive. And I hear people say all the time, well, whenever I get this much money, well then I'll start giving. And it's like, no, man, that's not the way it works. I feel like money just magnifies the person that you already are. So even if you go and can give a dollar, give a dollar, you never know who that's going to impact or how it's going to impact somebody else. And so I have a reminder in my phone, it says, donate money. I have to remind myself, donate money. And there's times where I don't want to do it because funds could be tight or are tight, but you do it anyway. And I don't know, it's like a freedom really, because the universe, I feel like this may be too woowoo for people, but the universe, if you're holding too tight to the money, why is the universe going to give you more?

Warwick Schiller [\(01:22:06\)](#):

Don't worry about being too woowoo on my podcast.

Mike Roberts [\(01:22:10\)](#):

Okay.

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

We get some pretty crazy places on my podcast.



Mike Roberts ([01:22:15](#)):

Right on. Right on.

Warwick Schiller ([01:22:17](#)):

I was just flipping while you were telling me that I was just flipping through your Instagram while I was listening to you there. Yeah. There's so many of these things that are like, you could talk for an hour on each one of these things, and you were just talking about if you can only give a dollar, give a dollar, and I flipped upon the one that says, every action you take is a vote for the type of person you wish to become.

Mike Roberts ([01:22:40](#)):

Yeah. James clear

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

More, James Clear, is it?

Mike Roberts ([01:22:47](#)):

Yeah. I told you. I mean, I've been nerding out on him here lately now.

Warwick Schiller ([01:22:50](#)):

Yeah, I know. That book is somewhere in this house. Well, maybe it's in a box out in the barn now, but I do have that book, but I've not read it. A lot of the books or some of the books that I've read in the last probably 10 years, my wife used to be in HR and some of those books we had, because they were HR type books, she got them for that. And it's funny how they ended up being books that they didn't use to be the type of books I would read, but funny how they ended up, those are the kind of books. I just saw another one of your posts here, and this one's so awesome. I've had a lot of worries in my life, most of which never happened.

Mike Roberts ([01:23:36](#)):

Yeah, I think that's Mark Twain. Yeah.

Warwick Schiller ([01:23:42](#)):

I don't know if it says in the comments. No, it doesn't sound in the comments. Oh no. It says Mark Twain quote. There we go. Mark Twain quote, there we go. How's about that? Yeah, we could talk quotes all day. Hey, it's been awesome chatting with you, mate. So we've told people where to find your, what is it, Thursday Thinkings? Is that what they were called?

Mike Roberts ([01:24:03](#)):

Thursday? Thoughts Newsletter, Thursday.

Warwick Schiller ([01:24:05](#)):

Thoughts? I was closed the Thursday Thoughts Newsletter and Converse Cowboy on Instagram and on YouTube. So yeah, I think you're doing a great thing out there, and I think anybody that can get people to look at life just a bit differently and come back with a different colored highlighter next time, I'm

going to keep that story too. I love that. I love, yeah, that's going to be my new saying. Come back with a new colored highlighter. I'm a huge fan of the Wayne Dia quote. When you change the way you look at things, the things you look at change and come back with a different colored highlighter. That's awesome.

Mike Roberts ([01:24:43](#)):

I love it.

Warwick Schiller ([01:24:45](#)):

Well, thanks mate. Thank you so much for joining me and taking the time to come on here. And yeah, keep doing what you're doing. Anybody that's out there helping change the world, I'm all for it and very grateful.

Mike Roberts ([01:24:56](#)):

Thank you, man. And same to you, same to you. I appreciate what you're doing. I'm sure there's a number of other people out there that would say the same thing, so keep doing what you're doing, my friend.

Warwick Schiller ([01:25:06](#)):

Awesome. Thanks so much. And if you guys at home listening, thanks for listening, and we'll catch you on the next episode of The Journey on podcast.

Speaker 1 ([01:25:13](#)):

Thanks for being a part of the Journey on podcast with Warwick Schiller. Warwick has over 850 full length training videos on his online video library@videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram to see his latest training advice and insights.