

Speaker 1 ([00:01](#)):

Good day everyone. Welcome back to the Journey on podcast. I'm your host, Warwick Shiller, and in this podcast I'm going to have a bit of a chat about what we've been up to and what's been going on lately. I haven't put a podcast out for a number of weeks now for a couple of reasons, and one is we have just bought a new place and we've just been moving down to it. So I've been kind of busy and for the other reason, I haven't been able to get, I've got some amazing guests lined up, but I haven't been able to get those guests and me to where we can sync up our times that we are available. And I don't just record podcasts to record a podcast. As far as the guests I have, I vet them all and make sure they're, their stories are compelling and they have something to share with the world.

([01:00](#)):

And like I said, I've got some really good ones coming up, but we haven't been able to line things up. So here I'm going to talk about our new ranch and how all that came about, but I might just before we get started here, talk about how cool was some of the latest podcasts. If you go back to, let's go back to the middle of March when I had Ty Murray on the podcast, I've had people that had no idea who Ty Murray was and listened to the podcast and absolutely loved it. I've had a lot of feedback on Ty Murray's podcast and one of the things he said in there that was just a tiny little one sentence he said in the middle of the whole two hour conversation that I kind of want to bring to people's attention. And funnily enough, it's about attention, but Ty was talking about with horses. He said, you need to be aware of them when they become aware of you. And it was just a little fleeting thing he said in that podcast, but that is so important is communicating your awareness with horses. That's one of the big things. And I just had someone the other day on my Facebook group ask the group, I'm thinking of signing up for the online video library.

([02:26](#)):

Is there anything there about a horse you can't catch, I think is what it said. And a number of people replied back and said Yes. And this lady replied back and said, what about a horse that runs away as soon as it sees you? And I replied to her, does the horse run away as soon as the horse sees you? Or do you get relatively close before the horse runs away? And it's because I bet the horse is not standing still completely relaxed grazing grass. And then when they didn't pick up its head, run away, I'm pretty sure that horse is probably out there and sees the person approaching. And as the person gets closer and closer, that horse is concerned, gets more and more or the discomfort or whatever it is, and then they run away. But I'm pretty sure that if that person was aware of that horse from as far away as possible, from outer sight to insight sort of thing, and paused when that horse noticed them, that the outcome would probably be quite different.

([03:37](#)):

And I have talked about in the podcast before when I was in Africa in Kenya a few years ago and Tyler and I were staying, there was herds of zebra around there. And if you approach a herd of zebra from a distance, at some point in time they notice you and they stop and they look at you. And if you stop the instant they notice you and just stand still after a while they go back to grazing and then you can get a little bit closer and closer and closer. So anyway, that's just a little bit of something about that Ari podcast and it was that one little sentence in there that you need to be aware of them at the moment that they become aware of you that I just thought was so profound and so little. That was in the middle of an amazing podcast and I just wanted to point that out in case you guys hadn't caught that bit.

([04:34](#)):

The next podcast after that was Dodge and Karen Manning and what an amazing couple those two are. And if you haven't listened to that one, I mean Dodge and Karen's story is just absolutely compelling and

yeah, pretty amazing to listen to. And then the one after that was Emily Case, doctor from Sweden. And if you have not listened to the podcast with Emily, I suggest you go and listen to it. It's kind of like one of those things that there's life before the podcast with Emily and life after listening to that podcast with Emily. And once you listen to that one, then I suggest you go searching for a podcast called Buddha at the Gas Pump. And it's by this guy. And the subtitle for the podcast, it's Buddha at the Gas Pump Conversations with Spiritually Awakening People. So no one on there is professing to be awakened, but they're awakening.

[\(05:35\)](#):

And the podcast that Emily did with that guy just blew me away. This is the Journey on podcast. When I talk to people, I talk about their journeys and Emily's was absolutely amazing. But the podcast with Bud Gas Pump Guy, it was less about her journey and more about how she views the world and some of the things she does with animals and consciousness. And if you have not listened to that, if you listen to my talk to Emily and have not listened to that other one, definitely go and listen to that one because it was just mind boggling. And then because of Emily's podcast, she mentioned someone named Shalan Harkin. And so I had Shalan on the next week, and Shalan is a mystic poet who downloads amazing poetry. And if you haven't listened to that one, it's amazing. Then the next one was Dr.

[\(06:38\)](#):

Jennifer Zeligs, and I've been trying to get Dr. Jennifer Zeligs on the podcast for quite a while now. I first encountered her, I was on some sort of a zoom meeting with a group of other people in Europe somewhere, and that's actually where I met Ben Atkinson, I think for the first time I was on there. If you haven't listened to the Ben Atkinson's podcast, you've got to listen to that one too. And I met Jennifer on there, and when I heard what she did, I thought I had got to get on the podcast. It actually took me a year or two to actually link up with her. So the conversation with her was absolutely amazing. Then the next week I had Rupert Isaacson back on again, and Rupert and I discuss hunter gatherers and what we can learn from, I hope it's been around the Kois and Bushman of the Kalahari a lot.

[\(07:37\)](#):

And the conversation was about how did hunter gatherers live that we aren't and what can we do living in our society to be more hunter gatherer alike? And that doesn't mean hunting and gathering, but there was so much about the communal bond, the family bond, the tribe bond sort of thing in that we talked about that. I had read something about some children in Uganda, and I'm not sure what these scientists were studying, but they were studying the health of children. And there was one part of the health of children, whether it was the autoimmune part or something like that. But these kids in Uganda, these children in Uganda were off the charts as far as whatever this thing is. And when they went and saw how they lived as infants, they were rarely ever put down. Someone was always holding them close to their body, whether it was the mother, the grandmother, someone else in the village, and it might be oxytocin.

[\(08:56\)](#):

I forget exactly what it was they were studying. But anyway, these kids were off the charts far higher than anyone else, most other kids they've ever done studies on in the world. And it was all about, a lot of it had to do with that. They lived a bit more how we evolved to live. So that podcast with Rupert is all about that. Rupert has introduced me to someone who spent quite a long time, like 15 years living with hunter gatherers in somewhere in Africa, and I'm trying to get her organized on the podcast and it probably won't be later till this year, but her story sounds absolutely fascinating. And then the last guest I had was Jamon Fraser. So Jamon Fraser is an Australian.

[\(09:41\)](#):

He specializes in helping entrepreneurs, leaders and business owners eradicate insecurity. He's a founder of a thing called Insecurity Project. If you haven't listened to that one, certainly worth a listen to. And yeah, it was a great conversation with Jamon. So those are the last few podcasts that I did. And I've got, like I said, I've got some amazing guests lined up just in moving down to our new ranch here. We've had a hard time trying to line up my schedule and there, so I might tell you a little bit about our ranches. So we used to live in a town called Hollister, which is about an hour and a half south of San Francisco. Hollister's, the last town in the bottom end of what's known as Silicon Valley, the Santa Clara Valley, Silicon Valley rule of computer. Things are Google, apple, all of that sort of thing.

[\(10:29\)](#):

And we had six acres there. We've been looking for a number of years now to get some more acreage so horses can be out on natural grass and terrain and trees and hills and that sort of thing. And it's funny, one of our horses, Petey, so we bought Petey in 2015 and he's the horse that actually showed at the world of question games in 2018. And when we bought Pete, we knew he was a special sort of a horse and we knew that he was going to stay with us forever. And so we've probably from about late 2017, we've been looking for more acreage and we've been looking for what we have termed a PD forever pasture. So a PD forever pasture would've trees, we'd have hills and dailies and grass. And so we'd be driving around 2018, we were qualifying for the world e question games at one point in time.

[\(11:26\)](#):

We went on a five week road trip, we went to Arizona and showed horses and then for a qualifying show. And then we went on to Texas and stayed with some friends and toured around here and there and went to another qualifying show near Houston, Texas before driving home. And so we'd be driving along and we're like, look at that. That's a pity forever pasture right there. And oh, look at that, that's a P forever pasture right there. And so we bought this place back in, we closed in January. So closing escrow for those of you who don't live in America is escrow is when you're in escrow, when you're under contract to buy a property. And I think in Australia it's called under contract. I'm not sure what it is ever else. But anyway, we closed escrow in the middle of January, we took over the place.

[\(12:16\)](#):

But anyway, we've moved down here about three weeks ago and I just completed some fencing on a pasture just yesterday. And I put Peter in's B fff Bella out there in it. And it's beautiful trees, there's grass, there's not a creek running through it, but there's a galley that kind runs through it. And it felt so good. It was like something that it's been a long time coming. I've been talking about pity forever, pastures for four and a half years, five years now. And so it's just so cool to see him in that environment. It was good for the soul. But about this place, I said we've been looking for property for a number of years now, and this particular property here, we actually looked at two years ago, two years ago in July I think. So where this property is in PAs Robles, California.

[\(13:14\)](#):

PAs Robles is halfway between San Francisco and Los Angeles, and we are probably not that far in from the coast as the crow flies. It could be 15 or 20 miles I think. Not that it's not very far from the coast because there's a coastal range of hills, there's a lot of windy roads between here and the coast. So it's not easy to get there straight across, but we're not that far away from there. And it's a beautiful horsey area. There's Paso Robles, the full name of Paso Robles actually is El Paso de Robles, which is the pass of the oaks in Spanish. So all the hills here are just covered in oak trees. And we'd been down and looked at a few places down here. The first place we looked at the real estate agent that showed us the place, his name was Josh.

[\(13:59\)](#):

We looked at the place now that's not what we want. And so then we found something else to look at and had Josh come look at it with us and no, that wasn't it. And after we'd been driven down here and looked at about three different properties, Josh said to us one day, so what exactly is it you're looking for? And so we told him exactly what we're looking for. And I don't know, probably a week or two later, he sent us a link to a listing that said, this place is not for sale. It was for sale, but it's been taken off the market. But the listing is if you're a real estate agent, you can get into the old listings, you can see it. And so he sent us the listing and we said, yeah, that looks good, but it's not for sale.

[\(14:40\)](#):

He said, well, they operate Airbnbs out of the place. This place is 42 acres and has three Airbnbs on it. The barn is a big 12 stall stucco barn, and there's a full two bedroom apartment downstairs and a two bedroom apartment upstairs. It's a two story building. Anyway, they said you can Airbnb there and as part of the Airbnb package, you get to walk around the lovely nature of the ranch. So we came down two years ago, stayed a couple of nights and walked around the place and had a look at, we couldn't look into the Airbnbs, we weren't staying in, we couldn't look into the main house, but you could see all the facilities and the structures and the land and we loved it. And we told Josh Sten, we said, if that place ever comes up for sale, let us know. And then almost a year to the day after that, we got an email from Josh who I guess had been checking up on the place and he said, unfortunately, the owner has passed away.

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

And I think that the owner of it was divorced, so he didn't have a wife or anything living here with him. He was living here alone. And so when he passed away, the family decided they may want to sell the place. And so we came down last July and looked at it and loved it, got to see in the Airbnbs, got to see in the main house, and we loved it. And we actually made him an offer that day. We got to have this place made him an offer that day. It wasn't on the market yet, and the offer was contingent on us selling our other place.

[\(16:14\)](#):

I know not every state in America does that, and I don't know if other countries do it, but a contingency is you make the offer, you say, I offer to buy your house contingent on me getting an offer on my house. And you usually stipulate 35 days or 34, 45 days, whatever. Anyway, they didn't accept our offer. It wasn't enough money and also they thought it was worth more, but also they didn't want a contingent offer. And so right then the universe was saying, no, this is not going to work out for you. So okay, we walked away from it. I dunno if I stopped thinking about it, I love the place, but we walked away from it. And then after the podcast summit last year, so last year you would've heard me if you regular podcast listener would've heard me talk about the podcast summit.

[\(17:02\)](#):

And we actually did a few podcasts a while ago on some feedback and things like that on the podcast summit, but it was amazing. And after the summit was over last year, I said to Robin, we need to buy that place because this place has an energy about it. We wanted to set something up as like a retreat center sort of a thing. And after the summit we're like, we've got to do this. I really want to be in that kind of transformational space. And so by the time we circled back around in late November to look at the place, the price was lower than we'd actually offered them in July. They put it on the market, I dunno what the rest of the world did, but here about September, the really really strong real estate market kind of just topped the hill and started to go down just a little bit.

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

And they didn't put it on the market till just after September. And I think they were asking prices like when the market was super strong, but because they wanted to sell it, they dropped it quite a bit. So we came and looked at it. We also found a loan we could get that we didn't have to sell our place. There was a manager living in the manager's house here, him and his partner, and they were looking after the place and it was easy. Everything was set up to where it was going to work. So we ended up going into escrow in December and then we closed escrow and took possession of it in the middle of January. And so we moved our horses down here sometime in January. We didn't move down here yet, but we moved our horses down here and the management and his wife looked after the horses, they lived out in pastures and the manager and his wife got to feed him every day.

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

One of the things Robin, my wife's mom had been, she got a diagnosis last November of pancreatic cancer, which is never a good diagnosis. And we had decided that while ever she was still alive, we weren't going to move down here, we were going to stay up there. And we had thought that she'd probably last at least six months if not more, even though the diagnosis is for pancreatic cancer not good. But she actually passed away in early February and after that we weren't quite ready for it to be that quick and we weren't quite ready for the move yet. So it's taken us quite a while to get organized to get down here. But anyway, three weeks ago we moved down here. We had thought we could probably be in by April the first. And so we'd organized a clinic on the third weekend in April.

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We didn't get moved in until Tuesday night and Thursday afternoon we had 12 horses coming in for a clinic on the weekend, a three day clinic. And so it was a pretty hectic time. We're getting here Tuesday night, Wednesday we had to set up all the pens and give everything organized. The water heater in the house had died. And we also had, well, when we had a plumber come out to look at the water heater, he said that there was a gas leak, so we had to turn the gas off. So we had no hot water, we had no gas to the house. We had a clinic on the weekend with 12 people in that three day clinic. It was just a bit of a crazy time. So all that kind of adds up to why we don't haven't had a podcast for about three weeks.

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But like I said, I promise there's some amazing guests coming up. The clinic I did was different than clinics I've done before. Normally I do two day clinics. I usually had 12 people with their horses. They're all subscribed. And the way I do my clinics is everyone needs to be a subscriber to my video library and the clinic is to help you with the parts that you're stuck on. So not only do you have a lot of work to do before you get to the clinic, you also have, and you also receive help at the clinic, but after you go home, you still have access to the library and you can keep working through things. I see a lot of people that go to a clinic and they dunno anything about how the person teaches or what their thoughts are before they get there. They spend a couple of days with 'em and then they sent home and they've got no integration or nothing to follow up on those ideas.

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

So I really like having the subscriber only clinics. And normally what I do, like I said, I do two day clinics, I have 12 people, we do four groups of three each day and have each group for a couple of hours. And I used to do 12 people all day and then I used to do six people for half a day. And since I've been doing the two people, I mean three people for two hours, I actually find we achieve more because people just can't stay present for much longer than that with their horse. And the more you're around your horse and you're not present, the worst things get. So that's how I've been doing it for a while. But what I have noticed is if someone's in the arena in front of me holding onto their horse and I start talking to them,

most people have a hard time taking in what I'm saying and staying present with their horse at the same time.

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So either they're not listening to me or they're not listening to the horse. And that gets a bit detrimental too at times. So this clinic, what we did was it was a three day clinic and the first day there's no spectators and it's mostly on mindset. So we sit around, we get have a bit of a meet and greet. I talk to everybody about where they're up to with their horses, what they'd like to work on, what they think their strengths are, what they think their weaknesses are. And we did work with a few of the horses during the day, but for the most part it's really about helping people with their mindset because a lot of the stuff, especially on the ground with horses, you don't actually have to be good to do. You don't have to have a particular skill to do it.

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If you can lift up your left leg, your right leg, your right hand, your left hand, you pretty much have all the physical skills needed to do whatever needs to be done. It's more about the mental part of it, the mindset with which you approach things. That's the important part of that. So that was the first time we'd done a clinic like that and I am going to keep doing them like that because I really loved the way it worked out. And yeah, I found it was very, very helpful. And I might talk a little bit about the clinic too. There was one particular thing I want to talk about. There's a lady in the clinic and her horse is pretty darn quiet and everything, so she wasn't going to do any groundwork. The first day when her group comes in, she's saddled up and she's going to ride, she hops on.

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And I said, so what's the main problem that you have? And she says, well, this horse, he won't trot and all he wants to do is duck and dive around in circles. He doesn't go forward. He ducks and dives here. He just spirals around in little circles. I said, so he won't try. So what does he do? She said, this goes off into a cantor. I said, when he goes off into a cantor, is it a rushed worried cantor? She said, no, it's this really quiet little slow cantor, but he won't try to ask him to try and he'll just go off into the cantor. I said, okay, well let's just let me see that because a lot of times with a problem, the first thing I want to do is see the problem. I don't want to avoid the problem. I want to see the problem because a lot of times the problem is not really the problem that sometimes it's our perception of the problem.

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That's the problem. And so I said, just go ahead and ask him to trot, don't steer him. Let him do whatever he wants to do. So I asked him to trot and he picked up immediately picked up a cantor and immediately ducked around in a circle to the right little small circle, like a 30 foot circle, so smaller than that. And they're probably a 30 foot circle, which is a pretty small circle decanter. So like a 10 meter circle for your metric people out there. Then so after he circle once to the right, then he kind of broke to a trot and picked up the other lead and started circling to the left. And I said, stop there for a second. So she stopped and I said, I don't think you have a problem. And she said, what do you mean he ducked and dive a over place?

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I said, yes. But what he didn't do was stay in one side. He went around to the right and when that didn't work, he went around to the left. I said, what we're going to do with this horse is I just want you to ask him to try it. He's going to pick up a cantor and no matter what he wants, whatever he does, let him do it because I've just released a book called the Principles of Training. And one of the principles of training is make the wrong thing hard and the right thing easy. And a lot of people seem to think that's about



punishing them when they do the wrong thing. In this case, the horse is spiraling in a circle, which is the wrong thing. So you'd make it hard by, I dunno, whipping him on the bum with a stick. I don't know what, but I wouldn't do that.

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But people tend to think it's about doing something more to them when they're doing it wrong. Sometimes if a horse wants to do something wrong and that wrong thing is harder than doing the right thing, they'll figure it out for themselves. And so for horse to canter in very small circles is hard work. It is hard. And I said to her, I think if we allow him to duck and dive enough to go in these small circles enough, he will elect to not go in these small circles. And so I said, let's just ask him to canter and see what he does. And so he ducked around here and he ducked around there and he ducked around here and he ducked around there and then he got stuck in one side, either the left circle or the right circle, and he kept doing the same circle over and over, but it's a very small circle.

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And as he did it, it got bigger and bigger and bigger. He was making it easier on himself. He was making it hard by doing small circles and he was making it easier by making the circle bigger when we just allowed him to do it. And he got bigger and bigger and then he straightened up and he cantered for about three or four strides going perfectly straight. And I said, good, stop. Let him sit. So she stopped and let him sit. And normally what I'll do with a horse, if I'm going to let them sit after I've given 'em a puzzle to solve, I'll usually let them sit for as long as it takes 'em, took them to figure out the answer to that puzzle. In this case, the puzzle was figuring out how to go in a straight line. And so let's say he cantered it around for five minutes.

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Well, we sat for five minutes and then after we'd sat there a while, I said, okay, go ahead and ask him to walk. Good now, ask him to trot. He picked up a canter and he did the same thing again. And so we repeated that over and over and over. And by the end of that session I have got a big arena here. It's an oval shaped arena and it's 300 foot long and 150 foot at its widest point. So that's a hundred meters by 50 meters. And by the end of that session, he was cantering around the whole arena, like the whole perimeter of the arena. So mostly going straight. There was no more ducking and diving, and the only thing we did was leave him alone. And looking at that, this horse looks like he's probably very well trained and he's also the kind of horse that doesn't want to get things wrong.

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And I think if he ducked around to the right and you tried to straighten him up and steer him to the left, he duck over to the left. And then when he tried to fix that and you'd steer him to the right, he duck over to the right like, what do you want me to do? What do you want me to do? I'm going to get it right, I'm going to get it right. And just by leaving him alone, he started to figure out how to make it easy on himself by going straighter. And we also were rewarding the straight too. Whenever he straightened up, we'd stop and let him sit. But by the end of that session, he was just cruising around the whole arena, going really nice and straight, and she said he hadn't really ever done that. The other thing I said to the lady, I asked her what she did for a living and in her business, she's quite busy.

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And I said, it looked to me like you had a hard time sitting there and doing absolutely nothing. And she kind of nodded her head. And what I didn't learn until after the clinic she didn't tell me then was that that horse had actually, well a horse, I'm not sure if that one had bolted with her several times and she'd fallen off. So it was very, very a big step for her to just sit there and not do anything. And that's

something I have found. People that have a hard time giving up control can a lot of times have trouble with their horses because in order for those horses to learn to kind of carry himself, sometimes we have to give up control. But anyway, so that was the first day of the clinic. The second day she came out and I said, let's start in the same spot again.

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And after a while, instead of him cantering around in straighter lines, he started to trot. And by the end of the second session he just trotted almost in straight lines over. The whole arena would trot completely around the perimeter. But the thing was, we didn't say, don't duck and dive. And we didn't say, don't canter. We actually just, all the lady had to do was sit there and go where he went because at one point in time when he was ducking to, he was in a right circle and that first day he was kind of ducking to the right and he was doing a right circle. And I said to the lady, where are you looking? And she said, well, I'm looking where he is going. I said, no, you're looking further than where he is going. Her head was turned almost 90 degree angle to her body to the right, and her shoulders were twisted to the right.

[\(31:14\)](#):

And I said, if you don't want him to go in a right circle, why would you be writing a right circle? So I said, what I want you to do is sit straight on him, act like he's going straight. Look, have your whole body lined up towards his head, have your eyes through his ears, out over his head, and if he's going left, ignore it. If he's going right, ignore it. And that was very hard for her to do too. But basically I didn't want her to influence him in any way. I want her to just sit in the middle and let him kind of figure it out for himself. And I'm not saying that's, I wouldn't have done that with every horse, but after I saw what, after I listened to what the lady said his problem was, and I saw what he was doing, I'm like, I think he can solve this himself, which he actually did.

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And sometimes letting the horse solve the problem themselves actually solves the problem way quicker than trying to micromanager them and stop things from happening. So that was one of, there was some pretty cool things happened at the clinic, but that one there, I didn't video it, but that there was one of the biggest changes in a horse at a clinic I've seen in a long time. And the big thing was we didn't do anything except nothing. And as the saying goes, doing nothing is an action. And in that case, the action was sit in the middle of your horse, ask him to trot. If he can just ignore it. If he ducks and dives, ignore it. Just ride yourself forward. Anyway, so that's what happened there at that clinic. We bought this place here to try to have some more of the transformational type experiences that happened at the podcast summit last year.

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So this weekend coming up, we actually have our first retreat. So having eight people come, they're not bringing the horses. The retreat is called being with horses and yourself. And there's going to be a lot of mindset stuff. There's going to be some meditation, there's going to be hanging with our horses. There might be some riding of our horses, but people, if they work with a horse, they're going to be working with our horses. And a big part of it is going to be the being part just how to be with the horses, how to interact with the horses in all the subtle places that normally people don't think of, like at a clinic many times at a clinic, by the time someone gets into the arena for their session with their horse, it's all gone to hell in a hand basket. And one of the things I did with that first clinic we did here a few weeks ago now when we first moved in was when people arrived, I was there to make sure I saw them get their horse off the trailer and how they got from the trailer to where the horse was going to live and just



noticed those interactions because what I want to do is help people with the what happens when you get to a new place?

[\(34:08\)](#):

What happens if your horse does this? What happens if your horse does that? What I don't want to do was wait till they got into the arena on the Saturday to help with that. So yeah, so we're having this retreat this weekend. We've got another one in a couple of weeks, and I'm really looking forward to these because it's really, we're going to be able to get to the nitty gritty of the mindset. And like I said earlier, like say especially doing the groundwork, not so much the writing, but the groundwork. Everybody has the physical abilities to do the groundwork. It's just the mental outlook on what's happening in front of you, and it's the internal dialogue that you bring to the situation that will cause you to make decisions. Like I said, it's not the physical thing that's hard to do, it's making the right decision at the right time and making the right decision a lot of times has to do with being able to clearly see the problem. If you guys remember when Mark Rashad was on the podcast and he talked about a mind like still water. He said, if you go out to a pond early in the morning when there's no breeze, and you look at that pond when it's smooth, you get an exact replica, you get an exact reflection of what's on the other side of that pond.

[\(35:31\)](#):

But if you influence that pond any way, you throw a stone in there, you step in there, you splash the water, whatever, those ripples change the reflection. So the thing on the other side of the pond is still the thing on the other side of the pond, but the reflection you see of it is different. And working with horses, you need to have quite a bit of that. You need to have a mine like Stillwater. You can't be projecting your things onto there. And so with say, the horse that wanted to duck and dive and didn't want to trot, I said, well, let's see the problem. And when I saw the problem when the horse first canted off, didn't look uptight at all, wasn't running away, was quite relaxed at the canter, but ducked around in that one or two circles to the right and then it came out of that and it tried something else, right?

[\(36:19\)](#):

Then what I saw clearly the reflection that I got from that horse was that he was looking for the right answer. He wasn't. If he'd have candid a right circle and Canada right circle for 15 minutes, I'd go, okay, he's kind of stuck in a right circle, but he did one or two right circles and then he went, that's not working. I'll try this. And to me, the reflection of that horse that I saw was one who's trying to figure stuff out. He's not stuck, he's just trying to figure things out. And so that's why I said, I want you to let him figure stuff out. He will figure it out. He will figure out that it's really hard to duck around small circles. A bit of a caveat here. This horse was not worried. If he was worried while doing it, I would've done something completely different because that worry would've escalated doing small circles, but he was completely relaxed.

[\(37:12\)](#):

So anyway, the mindset you bring to any interaction will determine how you interact with whatever's in front of you. If you have a mine like still water, you can see things for what they are. And I saw that horse for what he was, which was a horse who was trying to figure things out, and by the end of the first day he'd figured things out. He's like, oh, ducking around in circles is hardworking going straight's, easy work. When I go straight, then I get a rest. And I think he was actually ducking around looking for a rest. Anyway, so anyway, so yeah, we're looking at really interested, really looking forward to these retreats. And then we've got a couple of those. And then I've got to go to the Western States Horse Expo in

Rancho Marietta, California, which is up near the capital of Sacramento for a three day horse expo where I'll be presenting every day.

[\(38:05\)](#):

I'm looking for some demo horses for that. So if anybody lives in the area and has a horse that you think I could help with, just email me [warwick@warwicksheer.com](mailto:warwick@warwicksheer.com). So today's date is May the 18th. I'm recording this. So yeah, if you listen to this podcast anytime in the next week or so and you think you've got a horse you wouldn't mind bringing along, I'm open for that. Then on the Sunday night, as soon as that's done, I've got to drive to San Francisco Airport and get on a plane to Australia where the next weekend I am presenting at something called Mastery of the Horse, which is going to be held on the Gold Coast at the Outback Spectacular. So the Outback's Spectacular, if you guys who don't know, it's a show at nighttime and it has all these, it tells the story of the Outback.

[\(39:03\)](#):

That's a dinner show in this big Iran with great lighting and sound effects and stuff. Anyway, so we're having this thing called mastery of the Horse during the day at the Pec Spectacular. And there's a number, sorry, I'm just looking it up so I can tell you all about it, called Mastery of the Horse. There's a number of clinicians who or trainers who are presenting there. One of them is my good friend Dan James, Brett Berry, who's a dressage writer who was on the World Equestrian Games team with me in 2010 for Lexington, Kentucky and 2018 and try on North Carolina. He's going to be presenting, there's a show jumper named Clem Smith going to be presenting my good friend Dan Steer. Did I say Dan James before I met Dan Steer, my good friend Dan Steer is going to be presenting. So it's always fun to hang out with him.

[\(40:07\)](#):

And then Cody Ross and Harris, who trains Liberty Horses for film and television will also also be there, and I think there might be still some tickets available for that. So it's a three day thing, Friday, Sunday, Sunday, and it would be, the dates of that would be 16th through the 18th of June. And then the following weekend after that, I'm going to be doing a clinic in Caboolture, Queensland, which is just right by there. And that clinic will be one of those ones I talked about before where it's a three-day clinic on the Friday. I'm working with the clinic participants only doing a lot of mindset sort of thing. Maybe some horse work, but mostly mindset stuff. And then Saturday and Sunday will be a regular clinic with spectators, and there's unlimited spectating there. So if you guys are in the area and want to come watch a clinic, please go ahead and show up there.

[\(41:10\)](#):

What else have I been up to lately since we've moved down here? Oh, I recently had to go up to, so recently, if you guys remember, I did a podcast with Carolyn Resnick, Carolyn Resnick, and Nan zma a couple of years ago now. So Carolyn lives in Arizona and Nan lives in Costa Rica. But Carolyn contacted me here a while ago and said she was going to be up in the area and she'd loved to catch up with me. And so I had planned to go up there and see her. And then it turns out the reason she was, one of the reasons she was going to be in the area was that they were filming a documentary about horses and healing, and Carolyn was going to be a part of that documentary. And she mentioned me to the documentary filmmakers. And so they contacted me.

[\(42:09\)](#):

And so I went up there and I spent a day hanging with Carolyn, and then we went to a barbecue that night, met the filmmakers, and then the next day I was filmed for the documentary and it's called Rescued Hearts. So if you go to [rescued hearts film.com](http://rescuedheartsfilm.com), it's the miracles, the mystery, and the Science

of Healing with horses. These two filmmakers, Dana and Krisanna, lovely couple, they have a company called Live Wild Films, and they made a movie called, what was it called? It was called Love Healed. And so if you go to Love Heals film.com, you can actually rent that. But it's about, Dana had chronic pain from some things that were going on, and it's about her. They made a documentary film about her healing journey, and a lot of it was filmed in Sedona, Arizona, and very cool film and very cool couple of people who were definitely on the journey.

[\(43:17\)](#):

So it was great to hang out with them and actually get to be a part of this documentary. A lot of it they spent just talking to me in front of the camera about what I've been doing and how I view the world and things like that. But then I got to work with a horse, and it was one of those magic in the forest moments to where what I'd been telling them would happen just happened. And yeah, it was quite cool. But something really interesting happened the day before that. So Carolyn Resnick, part of her process is sitting in a pasture with horses and we'd not met before. We'd talked on the phone and we'd been on the podcast. And so Carolyn wanted to sit around and chat. So we take two chairs into this pasture with these two horses, these two mustangs, and we sit down in these chairs and I think we were kind of sitting side by side, not really close together, but kind of side by side facing the same way.

[\(44:25\)](#):

And then not very long into our conversation without it even being said, we both rotated our chairs around, we're now sitting facing each other, and there was probably three or four feet between our knees sort of thing. So we weren't terribly close, but we were sitting facing each other and we chatted for, I dunno, we must've sat there for three hours chatting. But what was really interesting was those two horses that were out there, they weren't interested in us at all when we were there sitting there chatting. They were both over grazing and they tend to graze side by side facing the same way a lot of paired up horses do. And they grazed around here and there. And then after a while, one of 'em decided to lay down, which is not unusual. One stands guard, one lays down. And then after a while, the other one laid down, which is a little less usual, but still not unusual until we looked at how they were laying down.

[\(45:23\)](#):

And so they were laying down facing each other exactly mirroring how Carol and I were sitting facing each other. And I've seen lots of horses lay down together, like two horses lay down, and there's really no rhyme or reason to the angles at which they lay down, except there's one place you never see them doing is probably butts to each other or facing exactly towards each other where their almost spines are kind of lined up. And we looked over there and I said, look at those two horses. I said, Carolyn, have you ever seen two horses lay down and face each other exactly like that? She goes, no, I don't think I ever have. And Carolyn is, I don't know, a lifelong horse woman, and she's in her eighties, so that's a lot of horses. But we commented on it. And so when I came back from there, I posted on Facebook about the whole thing and Carolyn replied to my Facebook post, and so I've got to read her reply to you.

[\(46:29\)](#):

It was kind of a magic moment. But Carolyn said, what an amazing adventure. Warwick and I had sharing territory with no expectations with Ruby and Melody, the Yakima Mustangs. It was so cool that we both decided to sit facing each other. The place we picked was in the middle of the field. At first, we noticed the Mustang's behavior of matching us by standing and facing each other just as we were. So they were standing like that. That's right. That's the first thing we noticed, just like were the next thing they did was to lie down in the same face-to-face position. And they did that for a while too. Then the next thing that was to walk around to the opposite side of where we were sitting and talking, and they finished

their interaction by scratching each other's withers while this was going on. We fell into the ness of nature.

[\(47:12\)](#):

So she's got in parentheses ness, A L I N E S S, the allness of nature. It wasn't them. It wasn't us. We became at one with the harmony and unity they shared, so that we so admire in horses. What happened was we became a of them, we shared the synchronicity of what horses experience in their everyday existence. We were out with them for three and a half hours. It seemed just like a moment in time. As the horses went to grazing, we then matched their decision to graze by going to lunch ourselves on reflection, what an amazing event we experienced. So it was great to read Carolyn's take on that. And yeah, it was amazing hanging out with her. We didn't really talk much about horses. We sat in those chairs there and talked about life in general and what an amazing woman. And talking to her, I got one 16th of her story when I had her on the podcast.

[\(48:16\)](#):

I should have her on her again and have her tell some of the stories she told me the other day about her father and her grandmother, and just some of the influences in her life. And it's like, wow, no wonder you turned out like you did, having those influences and viewing the world the way that they did. But I had an amazing experience sitting there with Carolyn. I was telling her about a problem I had, and she had me breathing into a part of my body just sitting there with my eyes closed, breathing into it. So we're facing each other in that pasture, and I dunno how long I was breathing into that thing, but then she said to me, so how does that feel? And I opened my eyes and the world was in black and white. It was kind of like I'd taken a psychedelic without taking a psychedelic.

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

So everything I could see in front of me was in black and white, like overexposed, black and white. So almost everything was white, just the darkest things were dark. And I just sat there and kind of looked around at that for a while, kind of in wonder, in awe of what it was I was feeling. And that's just because of the way Carolyn had me breathing into some part of my body. So yeah, she's something else. She's way more than a horse trainer. She's done a lot of healing ceremonies with Native Americans and shared a lot of that, and I think she learned quite a bit from them. So anyway, so that's pretty much what I've been up to. Like I said, we'll have some pretty amazing guests coming up in the podcast here soon. So thank you for joining me on this episode of The Journey on Podcast and listening to my little wrap up of what's been going on and what's been happening here at Journey on Ranch. I guess I didn't mention that, but this ranch that we've bought, we've named it The Journey on Ranch because of the coming home from the Journey on Podcast Summit last year and saying, we've got to buy this place because we want to be a

Warwick Schiller [\(50:26\)](#):

Part that transformational space and journey on ranch just fits. So I'm now sitting here recording this at the very first podcast I've recorded at The Journey on Ranch, and thanks for joining me and I'll catch you guys next time. Thanks for being a part.