

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 at videos.warwickSchiller.com.

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

Jane Pike, welcome back to the Journey on Podcast.

Jane Pike ([00:00:49](#)):

Thank you so much for having me. I'm excited to be here.

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

I'm excited to have you back again. It's been, oh, you are one of the earliest guests on the podcast, so I guess it's been a couple of years since you were on the podcast, wouldn't you say?

Jane Pike ([00:01:05](#)):

I think I saw a post of yours pop up where you mentioned it was the two year anniversary and that was really wild to me, or something around the two year mark. There was something about two years in there and I thought hasn't been that long since I was on the podcast. It felt like it wasn't that long ago, but yes, I was definitely one of the first people to pop up.

Warwick Schiller ([00:01:26](#)):

Yeah, well now it's now September, 2022 and it was probably June or July or somewhere around there, 2020 that we started. So yeah, happy two year anniversary.

Jane Pike ([00:01:36](#)):

Wild. Yes, happy anniversary.

Warwick Schiller ([00:01:39](#)):

And what's funny is today is actually the four year anniversary of us guys rocking up to the world of question games in Tryon, North Carolina.

Jane Pike ([00:01:47](#)):

I have such clear memories of that pulling up to that little place where we had to unload and then what were they doing in the first instance, that little area we had to go into and we led the horses in there. Quarantine, yeah. Oh right. That was the quarantine check. Yeah. Yeah, I remember the big adventures that followed after that. It was pretty cool.

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

Yeah, it was quite cool. That's funny. And that was in North Carolina, and I've just come back from five days quarantined in a hotel room in North Carolina with Covid. I went there to do a clinic and got kind of

ill a couple of days before the clinic, and then I finally got around to taking a test and lo and behold, I have Covid, so we had to cancel the clinic and what a mess.

Jane Pike ([00:02:30](#)):

So you didn't actually get to do the clinic there, you'd rocked up. And

Warwick Schiller ([00:02:35](#)):

So I did a private clinic in West Virginia Tuesday and Wednesday. And when I got done Wednesday, I was like, oh my bones, my joints are aching. And I thought, well, I've been standing around for two days, but I do standing around for two days a lot at clinics and I don't feel like this, but I didn't think anything of it. And I went to bed that night and had the sweats and the shakes and then woke up the next day, welcome

Jane Pike ([00:03:01](#)):

To Covid.

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

And it didn't even occur to me that it might be Covid and then I had to drive from there to an airport and then fly to somewhere else. And I got there and then had the same thing the next night. So Friday morning I'm thinking, oh shit, it might be. So I got up and took a test, which is the Friday, the day before the clinic and turned out I had Covid. And so yeah, I got stuck in a hotel room in North Carolina ordering DoorDash. So you have DoorDash in New Zealand?

Jane Pike ([00:03:35](#)):

No, I was just fascinated by that when you said it. Is that Uber Eats or the delivery service

Warwick Schiller ([00:03:40](#)):

That comes like Uber Eats? Yes.

Jane Pike ([00:03:43](#)):

I'm in a place where those things don't happen to me. I dream about those things.

Warwick Schiller ([00:03:49](#)):

Well, if you think about the quality of food, you can have it delivered to your door in North Carolina if you just have a guess. I was living on that for five days. Luckily, some of the lovely clinic participants bought me some water and a big batch of medicine, all sorts of different supplements and stuff like the first day on the Friday. And so at least I had lots of water and I had that. And then that lovely lady who owned the facility where I was going to have the clinic, she had her husband bring me in a care package and I got some apples and some watermelon and a bit of a salad and that was actually quite good. But yeah, anyway, I survived it quite well. I'm kind of, my batteries are very drained.

Jane Pike ([00:04:34](#)):

You're on the tail end.

Warwick Schiller ([00:04:36](#)):

My batteries are drained, but apart from that, I didn't end up getting the bad cough or any of the really bad things. You had covid here earlier this year,

Jane Pike ([00:04:45](#)):

Didn't you? I did, yeah, just over winter we got it in succession. So my youngest boy got it first and then Flynn had it and then I had it, and Giles was trapped in a covid household for the whole month and never got it. So it's kind of an anomaly and all of us had really different experiences of it, but definitely the fatigue afterwards was something that was really apparent in my experience anyway. And it seems like everyone has very different experiences of what they go through. But yeah,

Warwick Schiller ([00:05:17](#)):

The fatigues the one I found all of a sudden. I just got no energy at all. Just got to lay down.

Jane Pike ([00:05:24](#)):

Relatable.

Warwick Schiller ([00:05:26](#)):

Relatable. So this whole round two of the podcast is some people, because they were on the podcast, their life's taken a bit of a turn because they got exposed to a wider audience. And that's not necessarily the case with you, but you have what you do with your work. I think that when you're on the podcast the first time, you had just kind of completely revamped everything you had done with your work. And I'm not sure we actually talked about it a lot. We may have touched on that, but I know for a fact that since then you've gone, you're a bit like me, you're like, oh, hang on, what I used to do. No, that's not right. Now there's this other thing. And so you've taken a deep dive into the nervous system after taking a deep dive into the nervous system. Tell us about that.

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

Well, the background hum to everything I do is continual study. And what I teach is very much a journey of self-discovery. I learn it for myself and then I send it out into the world and hope that it applies to someone else's situation. And for me, there's that continual process of exploration and curiosity and just passion really for learning about what I learn about inevitably leads to evolution of ideas, evolution of understanding, evolution of application as to how this applies to both horses and humans. And inevitably you get to the point where what you were doing previously is just not cutting it anymore. It doesn't feel applicable, or you are starting to patchwork quilt things together that potentially could be confusing to someone because there are streams of thought or ideas or ways of going about things that are in contrast. And so I got to the stage where what I was now practicing in my own experience was different to what I was teaching again, or I started to notice where the holes were, where things weren't adding up for me necessarily, or where I noticed that I would have, I would limited success because I don't actually create success for anyone, but where there would be limitations to how people were able to apply the work and essentially be able to do the thing ultimately that they wanted to be able to do.

([00:07:58](#)):

And so it's a big deal. I mean I know you've been through this as well because one of the things, the blessings and the curses of being in a space we are where our businesses has a big online presence and you are continually sending your ideas out into the world, is that those ideas can also potentially freeze

frame you in time and people will look at something that you've written or recorded or talked about two or three years ago and in their mind that is you still now in 2022. And so to be able to shapeshift and to be able to say, actually, I've learned something and I'm changing what I think about things and how I apply things, canning can require an incredible leap of faith and self-trust because you have to be willing to say, I think differently to how I think thought before I'm teaching differently to how I taught before and now I'm going to present this to you and give you the option of whether you stay with me or leave basically whether you want to come along on this journey with me or you want to go.

[\(00:09:04\)](#):

And so that the capacity to shop with something different actually requires the willingness to lose people who were with you previously to lose people's the identity that people create for you within a certain way of going about things. And so for me, it just personally becomes intolerable if what I'm teaching and what I'm living in my own body no longer meshes with the content that I'm producing. Because those two things have to be in alignment for me to feel like I am able to show up in the world and do what I want to do. So it just gets to the no option phase where you're like, oh, here we go again. Alright, team, hold on. The boat's turning around.

Warwick Schiller [\(00:09:48\)](#):

But it's a bit like science to where science's current understanding of stuff is just its current understanding of stuff. And when it realizes that it's reached the limitations of looking at things through that lens, it doesn't work anymore. Now we go, okay, now if you think about, I don't know how quantum physics changed Newtonian physics, it's like, well, we used to look at it this way, now we look at it this way. But you touched on something minute ago about you've got to be able to lose people along the way, and that's a life's work. That's the journey of life right there to be able to be true to yourself, whether it's in the public space like you or I might do it or just in your own circle of friends, but be true to yourself and not shrink back from who you are for fear of offending somebody or losing somebody's friendship or whatever. So that's not just, I mean that's personal work there, but it's also business work in our case to where you've got to be not afraid to show up as who you now are and as you grow and understanding that some people get stuck in places and don't ever have to make those decisions because I know all about I was stuck in one spot for about 50 years, maybe 48. But yeah, that's the work, it's

Jane Pike [\(00:11:46\)](#):

A reconciliation of your own patterns, really, like your people pleasing patterns, your need to be liked, your need to present in a certain way. There's a huge amount of vulnerability in being able to let go of that. And that happens on a number of levels, I believe physiologically. You have to have the physiological capacity for your body to be able to hold its own for your nervous system to be able to hold its own and go, I can make the choice to be in this situation, but I can also remove myself from this situation if it's no longer working for me. And that requires a certain amount of physical integrity to be able to do that because your mind and body are so inextricably linked. But then we just talked about it really is the willingness to lose. It's like, I am going to make a choice for me that reflects my understandings and knowledge and what I understand to be true for myself, and I'm handing over the choice to you as to whether that also applies to you.

[\(00:12:46\)](#):

And so that is the process of evolution as a coach where if I'm in a narcissistic position, for instance, it's like I'm doing this and I require you to agree with me, that means you can never be honest with

someone. And so it's really important to me that in all of my work, I'm able to be honest as far as how it is I perceive things to be. And to be honest, you do have to do your own stuff. You have to do your own work because otherwise, if you are shaped by needing someone to like you or needing someone to agree with you, that will then shape how it is you interact. So I think that was a little bit off tangent, but it's kind of one and the same at the same time. So

Warwick Schiller ([00:13:30](#)):

Yeah, I think as you grow, you become more comfortable in your own skin. And I dunno, for me personally, it's almost like slowly discovering who I am underneath all of the conditioned stuff from our culture, who you're supposed to be for me as a married man or you as a married woman or whatever, you know what I mean? But how you're supposed to be

Jane Pike ([00:14:09](#)):

The different identities,

Warwick Schiller ([00:14:10](#)):

How you're supposed to be in the world. And yeah, it's been interesting. And for you with your work, you are a lot. I've had a number of therapists on the show, on the podcast, people in the mental health space, things like that. And something that I've discussed I think with all of them was the fact that all of them got into the work because they had some stuff going on and they got some help with it, and they were so amazed at how different they were on the other end of that, they're like, well, I would like to teach this to others so that I can help others not only feel differently, but feel differently about themselves sort of thing. And it's kind of like what you are doing because you used to teach from a certain perspective, which was kind of a top down, would you say? It was initially? Definitely.

Jane Pike ([00:15:16](#)):

Yeah. I came in from much more a mindset, mental skills

Warwick Schiller ([00:15:19](#)):

Perspective, a top down approach. And then you realized you are in a situation where that didn't work for you. And so, okay, well hang on, let's redo this. And so I think the last time we spoke, you had redone your body of work, but we're probably going to get into because you've changed it from there and now it's like, no, no, hang on. Whoa, stop. It's not, it's this, but it's not coming from a place of, oh, I heard this new thing, so I'm going to tell you all about it. I mean, for me, the stuff I do with the horses and things like that, it's from trying things at clinics or trying things with their own horses and oh no, hang on. For instance, for quite a long time now, and this is just a perspective change, not necessarily an application of something changed, but for a number of years now, I have been engaging with the mouth of a horse that's kind of nippy.

([00:16:23](#)):

It's probably been five years now I guess. And for the longest time I thought horses were doing that because they were wanting to engage with you, and I would engage in the back. So engaging for me would be if they want to put their mouth on me, I'm going to put my hands between me and them and let them rub their teeth and my hands or rub their lips if they want to play with their lips or whatever. And for the longest time I've been thinking that they do that because they want to engage. And some horses seem to just want to engage a lot. Robin's stall that we've had for a couple of years now. When

we first got him, he was very, very shut down, very obedient, reigning horse. I'll just do whatever you say, I won't look at you sort of thing.

[\(00:17:06\)](#):

And when we brought him out of the shutdown, he was like just constant. It'd take me half an hour to saddle in because I'd walk over to him with the saddle pad and as I'd go to put the saddle pad on his mouth would come around. And so I would, hello, how's it going? Engage with him. And the thing about engaging with them is there's a Brene Brown quote that I love, which she says, don't shrink back. Don't puff up. Just hold your sacred space. And when you've got a thousand pound animal who's coming at you with their teeth, it would be very easy to shrink back and go, oh my God. Or puff up and go, Hey, stop. Don't do that to me. But I try to meet them with the, Hey, how's it going? I don't think it's good. I don't think it's bad.

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

It kind of is. And I've been doing it. And so he was pretty constant about it. And my horse, Bundy was very constant about it. And just every time I was around him, I would engage him, engage him, engage him, both of those horses. At about probably six or seven months in of doing that, every time you're around them, they both stopped doing it. And I had this perspective shift to where, oh, this is the way I look at it now. Right or wrong, I don't think they're wanting to engage with you. I think they're checking to see if you're present and if you can prove to them that you are present every single time you were around them a hundred times a day, however long you're around and they just keep doing it. And every time they come over you're like, Hey, how's it going?

[\(00:18:35\)](#):

After a while they go, oh, I don't need to check on you anymore. You are present. I think they actually teach us to be present around them. And once they teach you for long enough, you become to where you are never not present around them. And so neither of those horses are mouthy anymore in the slightest bit. Neither of 'em, I've had to tell 'em to not do it, but for the longest time I thought they wanted to engage, but at the point now, I don't think they want to engage. I think they're just, are you paying attention? Are you paying attention? Are you paying attention? Are you paying attention? Then if you can pay attention often enough for long enough, at some point in time they just put you on a check mark beside your name. Yes, you can come through the velvet rope, you're in the group now sort of thing. And

Jane Pike [\(00:19:27\)](#):

That's, he's got the V I p pass.

Warwick Schiller [\(00:19:28\)](#):

Yes, it's like a v i p pass. And that's just the way I look at it now. I could be talking out my ass, I could be totally wrong, but that's been a perspective change I've had on that. Now I'm never going to go back to slapping 'em around saying, Hey, don't bite me. So that's gone by the wayside. But then like I said, for a long time I thought they were wanting to engage, but after these two particular horses who were about as bad as each other, if you want to call it bad, but as persistent as each other about the whole thing, when it went away about the same time, I'm like, hang on, they're not trying to engage with you. They're checking to see if you are present. And once you proved, and I don't know if you proved to them you're present or you just get to the point to where you are always present around so they don't have to check on you anymore. I dunno. But it's a perspective change that, and I'm sure that's totally different,

kind of the same as what you are going through is you get a different perspective on something you had a certain perspective on before.

Jane Pike ([00:20:40](#)):

And as well, it's just like a holy fishing net sometimes understanding and you are tracking through with this net that catches many things, but some things fall through the holes and then you find a different layer where you're like, oh, there aren't holes in that net anymore. I get why that was the case. And eventually the whole net has to be different. It is a completely random analogy that I just made up, but it does feel like that. It's just like it's an inevitability. The decision makes itself. It's not that I was like, well, crap, I'm going to have to change everything that I'm doing. It's like it is changing. It has already changed. The reality is now I just need to catch up with it from a teaching perspective because now it's lived in my body long enough that in order for me to be congruent with what I'm bringing forward, now we're changing and it's done and let's just keep going now. Yeah, so it's pretty fun.

Warwick Schiller ([00:21:40](#)):

Do you want to talk about, so I mentioned a minute ago, so you kind of went from a top down approach to more a bottom up approach, a body centered more than mind centered. Would you say that was the first iteration?

Jane Pike ([00:21:54](#)):

Yeah, I guess my initial introduction from a horse world perspective was very much focused around anxiety and confidence and very specific fear-based issues that people might've been having from a writing perspective. And if I was to cycle back even more, as early as I can remember, and this was no mistake, it was a product of the way that my family life was at that particular moment in time, I could think of nothing worse than not being in control of your own mind. That was basically my overriding thought for as early as I could remember. And there were people very close to me that really struggled significantly with mental health issues. And I was adulting probably well before my age required it. And my motivation from that point was to fix things. I wanted to be in a position where I could fix things for these people that I loved. And also there was a fear-based motivation of I don't want to become that. So you've got these two strands that are in operation. One is coming from a more loving, altruistic perspective and one is coming from, well, I don't want to fall in that hole. That seems like a really scary place to be for me. Everything that I did from that point really was part of following that train of thought.

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

I did lots of things in my life, which took me outside of horses and sent me on various adventures, which we talked about before. But for me personally, the practice of the work really did come to life through the lens of horsemanship, through the lens of my horses, and I could make sense of things in conversation with them and in communion with them, if you like. And so after I left my competitive riding life behind, there was those two strands running in parallel, my horsing adventures and then the quest that I was on to find out how the body worked, how the nervous system worked, how we could be mentally strong. That was probably the first place that I came from. How do I get tough enough to withstand these pressures from the outside that potentially could cause me to go to a place I didn't want to go mentally and emotionally?

([00:24:14](#)):

And so I guess the beginning point was a point of fortification, if you think of it like that, how do I fortify myself against these outside forces so that I'm a buffer, they're kind of ping-pong off me and I don't have to take on everything that comes in and that creates barriers. Then you are a fortress to get what's going on to the outside, but you're not also allowing things to come in. And so that was the beginning point that I guess also really married well with lots of common strands of thought around sports psychology, which is like, how are you going to be the man on the field? How can you mentally overcome your opponents? All of these types of strands of thinking that are very much a part of a patriarchal culture, I guess, and a dominating culture about you just have to, if you can be strong enough, you can force your way through any situation.

(00:25:09):

And a lot of what I did, although I was never that person came from that lineage, came from that strand of thought. And so the mindset, the mental toughness, the mental strength was the first part. And alongside of that, I was always very interested in eastern philosophies and yoga and breath work and lots of different alternative or what we would call alternative ways of coming home to yourself if you like. And that I went into with a great amount of zest and enthusiasm and so much so that I was like, I'm going to be that person that goes to the cave and meditates their way through life, and that's definitely going to be me. And then I realized I really liked the world and being in the world and being with people and I didn't really want to be in a cave. But then was that the requirement sort of thing? So there's been this, but

Warwick Schiller (00:26:01):

You did go to India for a while though, didn't you?

Jane Pike (00:26:04):

Yeah, I was in it when I talk about being in these studies of thought, I didn't just dip my toe in. I was in it for a couple of decades in India. I did lots of emergency aid relief work, and that took me to parts of the world where these strands of thinking and these practices were accessible. So I did go to the ashra, I did study yoga therapy, I did do the immersion programs. I did it and eventually after a couple of decades, like I'm talking about doing it, I got to the other side and there were still challenges. I was like, well, some of this stuff isn't doing what it says it's supposed to do on the box.

(00:26:51):

I still sometimes feel like a bit of a hot mess, what's going on here? And also the people around me that your colleagues in different adventures as well, that quite intimately and they're teaching something on the mat that is completely juxtaposed to their actual personal experience that they struggle with anxiety or they have eating disorders or there's body dysmorphia or all of these things going on that's like I just, I'm saying one thing and I'm expressing one thing and my personal experience is often very different to what it is that I'm sending out into the world. And so the nervous system work came from that place. And I think this is new to the world really. The understandings of the nervous system, neuroscience and so on is very only recently permeating our consciousness. And so I've been following that train of thought and it got to the point where the first entry in, and this is perhaps one of the biggest differences between where I was a couple of years ago and what I'm really immersed in now is that I was very much about focusing on sensation and feeling and interpreting my nervous system state from that place.

(00:28:07):

So I would be like, this is how I feel in my body, therefore I must be in a fight flight response or I must be in having a flight response if I'm anxious or I feel angry, therefore am I in my fight response? And so I

would be interpreting my physical reality or my nervous system reality through subjective means through how I feel and where I've moved on from that is to a much more a different approach that really incorporates ways of understanding how your nervous system is expressing and how the reality of your life really is expressing through understanding the ways that the nervous system shows up in movement. Is this making sense so far? And so there's a real gift in my opinion with the work that I'm doing now that I have found where I'm able to separate out my subjective interpretations, which is my conditions mind from the reality of what is actually happening in my body. And when I have a yardstick that is objective to say, okay, this is how the body changes in the fight response, this is how the body changes in the flight response. And I'm able to recognize that from a structural perspective, I can start to reconcile all of these fabricated ideas about what I am and who I am alongside that experience. And it's been completely life-changing actually. It's been totally, yeah.

Warwick Schiller ([00:29:45](#)):

So how long have you been doing this new inverted stuff?

Jane Pike ([00:29:53](#)):

So personally, I've been practicing for about three years and in lots of different training programs with it. So the trainings are really extensive. And then I came into it through, so the somatic experiencing world, that kind of way of interpreting the nervous system was where I got really interested in things from a sensation basic perspective and lots of training that I was doing within that I got introduced to what I'm doing now. And I was like, oh, that's really interesting, but very different but really interesting. And at first it didn't make any sense to me because it was so different from what I was experiencing, but it started to fill, like I said, lots of holes and then I had to, the complexity of it meant that I really needed to have a good understanding of it in my own body before it could be something that I taught. And so yeah, it's been something that I've been doing for longer than I've been teaching it much longer than I've been teaching it.

Warwick Schiller ([00:30:53](#)):

The reason I was asking that I wasn't questioning your integrity or anything. What I wanted to know was since you've been, because you and I are both in the educational sphere in stuff that I've been messing with for a number of years now, and it's almost like each iteration of it as I share the iterations of it, the feedback I get from people. So as things get more subtle, for me at least the feedback I get from the general public who are doing these things with their horses at home or some people may not even been doing with horses, I've had people doing 'em with cows, I've had people doing 'em with wild animals. The feedback, I think, what am I trying to say here? What kind of guides me is partly is my experience, but then partly is the feedback I get from people experimenting with this stuff and saying, oh my goodness, I did this, but whatever. How has been the feedback with the newer stuff you're doing? You find that you are getting more wow factor. People are like, oh yeah, this is the stuff. This made a huge difference in my life.

Jane Pike ([00:32:22](#)):

It is a mixed bag and it's only a mixed bag because it's not a quick fix and it requires full. And so the people who are with me and really adventuring on this path together, who have been doing the work for say a year, six months or a year, have had phenomenal changes to their life experience, not just their horing experience, but their life experience. And it really depends on your start point as to how quickly you notice changes in the work because there's a difference between things changing and you being

aware of things changing. Those are two different things. And from a practice perspective, we are so conditioned to want to know if we're doing it right, to want to know exactly how we should be doing something and what we should be doing. And the thing about the movement work that I teach and what I teach in general is that there is no fixed outcome that we're looking towards.

[\(00:33:32\)](#):

And there is no such thing as getting it right. And so if your model is that you are wanting to please me when you're doing it or you're wanting to know if you've got it right, there is a period that you go through at the start, which can be incredibly frustrating because you are not getting the feedback to your patterns that you require in order to say you're a good human or what a good job you're doing and all of those things, which can be a disconcerting place to rest. And so I would say that there's incredible changes that happen, and that's why I do it. It blows me away what I see, but I'm not making those changes and the work's not making those changes. It's just an understanding of how the body works and how ultimately to create adaptability within your nervous system that people then apply and they see the change in themselves.

[\(00:34:19\)](#):

So yeah, why I say it depends where you start is that if someone comes into the work and they're in a more kind of conservation of energy mode, more collapse state, they're likely to see less changes faster in the beginning than someone that might be in a more active stage of fight or flight simply because of how the body's receiving information and processing it. And so it's incredibly varied in terms of people's experience and it should be because it's like this is about your experience. And the other side of it is it's also about starting to trust yourself and your interpretation of what your body is communicating, which we've been talked out of. We are so in favor of analytical thought and questioning, and people are so stuck in that overthinking mind that when something does change in their body, it'll be like, oh, I think it changed, but probably not.

[\(00:35:14\)](#):

That's the first kind of process of starting to get in touch with your intuitive self. It's like, oh, I sense something changed, but because it's not completely concrete, let's not go there. Let's just pretend it didn't change. And so when you start to be able to trust your own internal processes as well, you start to see a shift in what's happening. And it's pretty mind blowing. It really is mind blowing, but not for everyone because it is a process of no one's fixing you from the outside, no one's really telling you what to do. You confront yourself, I guess, and you have to be willing to be in that container. But in my experience, it's the only place to be. It's the best place to be, but it's not the easiest place to be.

Warwick Schiller [\(00:36:02\)](#):

You just said you confront yourself. A friend of mine from Holland a few years ago, she said, your horse confronts you with you. I'm like, whoa. Yeah, it sounds like the people that might struggle with it, that they've got to be able to get rid of expectations. And a lot of the stuff I'm doing with horses these days, it's, it's one of the things I suggest people do if they've got a horse that's kind of standoffish or doesn't want to be around you or it's hard to catch or any of those sorts of things, not a pushy horse, but a runaway side of a horse is something I suggest people do is just make it a habit of go out in the pasture and have a seat, sit down, hang out, meditate, journal, read a book, whatever. Just be out there. Just get in the habit of showing up to where you don't have any expectations and you're going to start to rewire that horse's brain as to what's going to happen when you show up.

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

Usually someone shows up and they're trying to catch you and they want to do, and so I just tell people, just go out there with no expectation and just sit out. And I was at equine affair in Ohio this year, and I was at the booth and this lady came up and she goes, Hey, I've been following some of your stuff and I got this horse and he's hard to catch, and I have been going out there for a couple of weeks and I just sit in the pasture with no expectation and he hasn't come up to me yet. What do I do?

[\(00:37:39\)](#):

I'm like, do you realize, you just told me that you went out there with no expectation, but now the expectation that you say you don't have hasn't been met. And she looked at me like, ah. And the trouble with it is that expectation is palpable to a horse. You know what I mean? You've got to be doing the work with just doing the work. And you actually said something in that little chat there about having faith or something, and there's a quote I shared recently by, I think it's, well, Gabby Bernstein's the one I store share it, but I think it's from someone named Maryanne Williamson. And it's those who have faith can afford to wait and wait without anxiety, I think is the,

Jane Pike [\(00:38:26\)](#):

That's beautiful. So much of it is about control. Humans have a need to control, and we're taught to control and we aim to control everything around us, our environment, in order that ourselves are able to be okay in that environment. And so we've got into a state now where our unconscious processes aren't valued or recognized to the extent that they should be. And so a huge part of what I do is really recognizing the role of the unconscious brain and the conscious brain in movement, in emotion, in mindset, and starting to practice what your conscious brain is designed for, which means giving up control. So if we consider the unconscious brain, the role of the unconscious brain is the information collector. We have 19 different sensors which are feeding into our environment all of the time, uploading information to our reticular activating system, and our reticular activating system is using that information to decide are we safe?

[\(00:39:35\)](#):

That's essentially the question that your brain is asking all of the time. And in response to that, there are two different answers that it can choose. It can say yes, which is when my brain then sends out a parasympathetic response or it can say no slash we're not sure, so we're going to err on the side of caution and we'll send out a sympathetic response. And how my body moves and operates in parasympathetic is very, very different to how my body moves and operates in the sympathetic system. And where we also get ourselves unstuck is then, okay, well what then is the role of the conscious brain? The conscious brain is essentially receiving information from the unconscious brain like a projector onto a movie screen. And my role then is to decide what to do with that information and to take action off the back of it, and then to observe the consequences of my action.

[\(00:40:30\)](#):

And that is the sole purpose of the conscious brain to observe, decide, take action, those three main qualities. And instead, we're using our frontal lobe as the processing system for our entire body to control our body, which is an unconscious processing system ultimately, and also to decide our level of safety. And we're all just completely fried because we're just thinking our way through life instead of feeling our way through life. And so the work that I'm doing is like, wait, wait, wait. You are using this part of your brain for purposes it isn't designed for and wondering why the circuits are short circuiting. And now if we place the role of that back into this part of your brain, your unconscious brain, now you have to relinquish these patterns of control that are falsely trying to tell you that they are controlling your life in some way. And that process is one of surrender and one of renegotiation and can be kind of

funky to get your head around in the, but that's ultimately the process. It's like, am I able to allow my body to work in a way that really promotes the parts of my brain using themselves for the purposes of they're designed for? And that in turn informs how my nervous system operates as well. So that may or may not make sense. I'm happy to elaborate

Warwick Schiller ([00:41:59](#)):

That giving up control thing, the last time you and I were together was a couple of years ago, you came out to California to present at the Western states horse expert, and you were here at the house and we were talking about Alex Holl. So if you guys at home, Alex Holl is one of the world's best rock climbers. And he had at the time, a movie had just come out featuring Alex Holl. It was made by a filmmaker named Jimmy Free solo Jimmy Chin. Yeah. A filmmaker named Jimmy Chin made this documentary on Alex Holl, who he free soloed El Capitan, one of the routes up El Capitan in Yosemite. So it's 3000 foot wall of sheer granite. And Alex Holl climbed it with no rope. So it's what's called free soloing.

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

So there is no margin for error. And what was interesting at the time was you said to me, and I might get this wrong, you can correct me if I'm misinterpreting what you said, but what I got from you was you said, the amazing thing about Alex Holl is he does that he times LCAP with free solos, and he is fully aware that any slip is certain death. And I was kind of like, well, duh. But the way you put it was some people don't go through life that way. Some people might free solo certain routes and climbs and stuff, but they're not actually letting themselves in on that fact, and they're kind of blocking out

Jane Pike ([00:44:14](#)):

Reality.

Warwick Schiller ([00:44:15](#)):

Yeah, blocking out reality. Do you remember that conversation?

Jane Pike ([00:44:19](#)):

I do. I don't remember the details of it, but I do remember clearly talking about his process.

Warwick Schiller ([00:44:27](#)):

And the only reason I bring that up is I have had some experiences recently, well, at the time, actually, sorry, at the time when you had said that I thought, I wonder if I'm going through life, not if I'm going through life blocking, blocking out certain things. Anyway, I've had a couple of experiences recently, spiritual type experiences to where I guess I became fully aware of the fact that I don't know we're going to die. And both of these experiences made me aware of, I dunno, how would you say it, how much I've been actually denying reality and how I'm pretty good at it.

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

Yeah.

([00:45:51](#)):

I think this is the essence of everything that I can trace it back to, which is if we consider the function of the nervous system overall, it is in order for me to meet reality, in order to meet the reality of the moment and for my brain and body to respond appropriately. Meaning that if I am required to be in my

sympathetic nervous system that I produce either the fight, flight, freeze, or collapse response. And if that's not required, then I shift back into my parasympathetic nervous system, I shift back into homeostasis, and I'm adaptable within any of those phases, within any of those situations. And the adaptability requires a willingness to meet reality, right? A willingness to meet the moment. And for many of us, we are unwilling to meet reality, and we are stuck in one of our seven sympathetic motor reflex patterns that produce very tangible structural changes in the body.

[\(00:46:56\)](#):

So every motor reflex pattern, every sympathetic pattern of fight, flight, freeze response, and the three different stages of collapse have different ways that the structure of our body changes. We can track the ways that the body changes as it moves through those sympathetic reflex cycles. And so if I'm living more in my sympathetic nervous system than not, I can only ever respond reflexively, meaning that I'm no longer responding to reality. I'm only responding with one of these reflexive patterns, which is either something I've experienced before, it's always going to be something I've experienced before because now I'm no longer taking in new information that's allowing me to be different. And so as your nervous system starts to shift, and as you do establish that adaptability and responsiveness, you become more aware of the truth of your situation. And sometimes the truth of your situation is kind of shitty, right?

[\(00:47:50\)](#):

It's not always rosy. It's facing mortality. It's facing the reality that perhaps this happened to you or that happened to you, or this current situation isn't serving you in some way. That is reality. That's the capacity to face reality and the ability to be in that. The ability to be able to sit with that and be uncomfortable, to allow other people to be uncomfortable, to actually ask hard questions and just consider the answers without needing to dissociate or escape or be defensive is requires a huge amount of physiological capacity as well. My body needs to be able to receive as much as it can push away. Yeah, my pulsation patterns, my vibration patterns in the body need to be active, that I have enough life force that I can literally sustain the energy of that experience. And so over time, as you do establish that adaptability and as your physiological self is able to stand in its own stead, you are able to ask and be aware of the harder questions.

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

But until you are willing to face up to two reality, which is the not so good with the good, very uns, shiny with the shiny and be okay with all of that, it's not good or bad. It just is what is then we're always going to be in holding patterns in some shape or form. There's always going to be a part of us that's stuck in a particular cycle. And you see it with the pelvis all the time. For instance, the pelvis changes so dramatically, all of the structures of the body change so dramatically. But if we have an unwillingness to meet the moment in something, the actual bowl of the pelvis folds in and up as part of our sympathetic reflex, and we literally close ourselves off from the world in a structural way. So we talk about mind body connection, but it's really like there is no separation.

[\(00:49:44\)](#):

It's like mind is body, body is mind. They're all together and one and the same. And so your experience of like, oh, crap, we die. It seems so obvious. But as humans, we spend our whole life denying that and living, there's just endless possibility and not making choices or not being decisive about where it is. We put our energy because we feel like there's always going to be next time. I've been going through similar things, and it's really, it's challenging to hold to be like, okay, instead of just going, oh, I don't want to think about that. Let's just turn on Netflix and just pretend that that never happened, that thought never happened. Can I explore different ideas about mortality? Can I research this more or can I just be with it in a situation where there may be questions that we ask that actually don't have answers? And

can I be okay with that? That the purpose of the question is the question itself, rather than finding the answer to the question that I can only live the answer. I can't know the answer before it's lived. So there's a certain capacity that we get to, I think with adaptability from a nervous system and physiological level that allows us to sit with those bigger questions and not necessarily have a need for them to be answered or for us to be able to control how they might manifest in any one particular way.

Warwick Schiller ([00:51:03](#)):

Yes, it was interesting for me to fully understand or fully come to grips with how much fear I actually have, but working through some of this stuff, like I said, I had a couple of different experiences, but the second of the experiences after that, I could take a much deeper breath than I've ever taken in my entire life. I didn't actually realize it was possible for me to take that deeper breath. There's been a restriction in there. And so before, if I took a deep breath and it would be and get to a point, and now when I do that, it gets to that point and I can take almost twice as deeper breath I've ever taken. And so in that experience, there was a letting go of some sort of restriction.

Jane Pike ([00:52:16](#)):

Well, from a structural perspective, one of the things that is so misunderstood, I think it was not even misunderstood, it's just not known, is how much the structure of our body changes with our nervous system changes or just changes from moment to moment. So the bony structures of your body are constantly moving with the breath. The way that your body articulates and moves in space is very different in response to what it is that you are doing and what it is, the sensory information that's coming in, and a particular pattern that your nervous system has chosen at any one moment in time. And so what you talk about, if we talk about the bladder, the position of the bladder is very different from parasympathetic to sympathetic. The ways that the organs put pressure on each other is very different from parasympathetic to sympathetic. And so if the overall way that your body is meeting life has changed, its dominant pattern has changed, then the capacity of your organs to function differently, the capacity of your bladder to function differently is inherent to that change is part of how things manifest in your body.

([00:53:25](#)):

And the same that you talked about, how you notice that you have different breath capacity with the letting go of a particular thought cycle. Every thought that we have lives in our body in a specific motor pattern. And so as you start to move in novel or different ways, or as you start to change the way that your motor patterns are your dominant patterns of use, any thoughts which are associated with that particular area, any emotions that are attached to that particular area get revealed to your conscious brain as well. If as something seeks to change, you have to know what you're changing. You can't let go of something without being aware of it. And so oftentimes, as our body is making these shifts, we have these seemingly completely random or lacking context thoughts and experiences or memories that might float up into our awareness. And it simply is a process of moving through. It's a process of my body's shifting its patterns. Now all of the thoughts and emotions that are attached to that have to also move through. And my role is to simply notice them and not to invest in them because it's the investment that pulls me back into the sympathetic cycle. Potentially.

([00:54:39](#)):

There's some small talk, a regular small talk session,

Warwick Schiller ([00:54:44](#)):

Just a regular small talk session, just not very long ago. So I did a clinic in Georgia, and then that Sunday night I took the red eye and flew from Georgia to Oregon, which is basically the east coast of America to the west coast of America. And I spent five days with previous podcast guest Stevie Della Hunt at a Gacho Derby bootcamp. So I've signed up to do the Gacho Derby, which is a 500 kilometer horse adventurous survival thingamajigger in Patagonia. And so Stevie and her husband Dylan, they have done both the Mongol Derby and the Gacho Derby, and they teach people how prepare people for, and I've never really done,

Jane Pike ([00:55:34](#)):

Oh, the derby,

Warwick Schiller ([00:55:35](#)):

And I've never really done any distance writing before, apart from I think the camels in Mongolia might be the furthest I've ever ridden an animal, a strip. And up there with them something. I realized that that was where part of that restriction went away, but I think it had gone away partly before that. But what I realized there that I've never been comfortable cantering downhill on a horse. There's always been like a hook shit. And sometime during that week. And so this is on top of the experiences that I'd had that I think let go of some things. But sometime during that week, I realized that I was totally comfortable cantering downhill on a horse. I was cannerly downhill, and I was wanting to canter downhill and not cannerly downhill with that little bit of, oh shit brace, that little bit of tightness somewhere in there.

([00:56:44](#)):

And I've realized it's always been there. It hasn't, and I don't think it's just been cantering downhill. I think it's been a part of my riding everywhere, but caning downhill, excuse me, cantering downhill. It's thinking back now, it's been obvious that it's there that I haven't, but it's one of those things I've ignored because I haven't paid attention to my body. But at the end of that week up there, I felt great riding at any speed in any saddle, in any terrain. The last day, Stevie's husband, Dylan and I went for a bit of a ride, and he's this mad South African bloke, and we just went flat out on these tracks and ended up galloping. I was like, man, from snow river stuff. And yeah, I've never actually done anything. Like I've done stuff like that before, but I've never done it and been basically fear free, resistance free. There's always been, oh shit, I was just going. And it was a pretty amazing, amazing feeling.

Jane Pike ([00:57:59](#)):

Yeah, that's really cool. Our bodies are so amazing. They're designed to be adaptable and constantly shifting and changing in response to our environment and what it is that we're in coordination with. So albeit our horses, albeit the terrain. And something I found really fascinating and where my work has shifted a lot as well is around biomechanics from a nervous system perspective as well. And so when we consider the reticular activating system, and when we consider the parasympathetic and sympathetic systems, they're actually under the motor control umbrella of the nervous system overall. So predominantly they're unconsciously activated. They're part of the autonomic nervous system, which means I can't consciously decide if I'm going to be in the parasympathetic or the sympathetic. And because they're under the motor control system, it means that every time my body sends out either a sympathetic or a parasympathetic response, something changes in the structure of my body.

([00:59:01](#)):

And what you've just the story, I can kind of break it down in different ways, but just from a nervous system perspective, which I always find really fascinating, that if we think about what the motivation of the body from a physical perspective is in sympathetic, it is to maximize our force output and the surfaces of acceleration so that we can protect ourselves or that we can run away from whatever it is that we're trying to run away from. And in order to do that, the fascial system dehydrates, and it does that in order to pull the bony surfaces together so that we have more surfaces of bony contact to power off. And also the lumbar spine becomes the main leverage system for the legs, and the cervical spine becomes the main leverage system for the shoulder girdle. And so that's synonymous with sympathetic. But what it does is, as the fascia of the pelvic floor and the bony, the soft tissue of the pelvic floor dehydrates, it pulls up and into the body and pulls the two sides of the pelvis together, which means that now my pelvis can only function like a teeter-totter.

[\(01:00:06\)](#):

It can only move forward and back, and it loses the transverse motion of the pelvis, which is the ability of the two sides to move on the horizontal plane and also to function independent of the other. And so you see this quite a lot in people who are in sympathetic reflex patterns with their horses and the way that their body is structurally positioned in space makes it very, very difficult for them to adapt. Or they have a limited range with how, in terms of how their body can move in response to their horses, simply because there's only one way that the body can be when it's in one of those seven reflex patterns. And so what you've described really beautifully is the way that the body makes change is through sensory feedback. So now I'm riding over lots of different terrain. It's up, it's down, it's rough, it's smooth.

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

There's lots of different feedback coming into my body that my pelvis is now needing to respond to. And the pelvic floor in the first instance gets that feedback, and we can feel a little uncomfortable for the first while where it's like, wow, okay. Things are sort of shifting. And then as you start to become adaptable and your body's now not opposing the environment or circumstance, but now it's moving with the environment and circumstance, you don't feel the same physical resistance to what's happening in literally as you're writing. And so the emotional resistance isn't there as well because it's like, well, if my body's shape shifting in response to what my horse is doing and the environment, what do I have to be worried about? It's only if I can't meet those two things that there's concern. If I'm able to stay with them, then I can go as fast or as slow as I like, and there's no concern about it.

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

But we get into these, we don't realize that being stuck in the sympathetic system or being stuck on one particular channel of our nervous system has physical ramifications. It has a way that it manifests in your body and it prevents you from being adaptable. And so this is not only reflected physically, but it's reflected emotionally and mentally with the fight, flight, freeze. So on response, all of them have their little behavioral patterns that manifest as part of that experience. And so that connection to me is really important as well. And one that's not there, which is your nervous system, is affecting your biomechanics. It's just as simple as that. Your reticular activating system is in charge of how your body is choosing to move in space. And so if you are ignoring the state of your nervous system and constantly looking to fix your body from the outside in through control or manipulation or trying to do this, that and the other, from a sort of micromanagement point of view, you're always going to be at war with yourself because actually what's informing that is the choice of your brain. And so that for me has been a super fascinating part of the journey and made a lot of sense as to why I might've struggled physically with some aspects of writing and filled a lot of gaps in that respect as well.

Warwick Schiller [\(01:03:08\)](#):

It's all very fascinating stuff. I thought right now we might actually talk about the rest of Jane World. Sure. Just because you have a, and

Jane Pike ([01:03:21](#)):

Secretly very boring, are you sure you want to go here?

Warwick Schiller ([01:03:26](#)):

Yeah, I want to there. I want to go there. So you have two young boys and you homeschool them. And we kind of talked a little bit before we started the podcast about how when you start to live a certain way, other ways people live might strike, it was a bit odd or whatever. And you had said like you drive past a school and you look at that and you think, oh, those kids that just have to be in this little factory kind of setting, do you find that this stuff, I just can't imagine what your kids are going to be like when they grow up because all this stuff that you are into, obviously you're not just doing it with people online. I mean you're doing it with yourself. Do you find you can help your kids with very aspects of their life because of the stuff that you've learned?

Jane Pike ([01:04:36](#)):

Yes and no. That's a big part of life. The parent piece is I definitely don't want to put myself out there as the guru of parenting in any stretch. I have the same struggles as everyone else, but it definitely informs the approach that I take to things and how I might negotiate challenges. And even more that just recognize how my own stuff is influencing how it is I'm interacting with my children. And if I just deal with my own stuff and leave them to it, that actually their outcomes are likely to be better. That it's my patterns of, for instance, if you had a rough time at school making friends, for instance, and then your son comes home and says that they're having trouble socially, it can really bring up anxiety in you because you're like, I remember what that's like and I really don't want that for you.

([01:05:35](#)):

And so you can try to rescue them from their discomfort and not let them make their own mistakes and not let them learn to trust themselves in different situations because you don't give them the opportunity to experience cause and effect and you just want to rescue your kids from stuff which is really, really natural. And the other side of it, which is a really big piece that I've noticed and that I've attempted to communicate with Giles as well, is that us being irritated about things is actually our problem, not theirs. So if they're being loud or something like that, they're allowed to be loud and my irritation is my problem. It's not their problem. I need to actually make a choice within myself about that situation rather than to control them and how they behave and what they're doing in an attempt to make me feel better.

([01:06:26](#)):

And I think as parents, we can really get into that place of, I feel irritated by a behavior or what you're doing, and therefore you need to fix your behavior or what you are doing in order that I feel better. And that's a very sympathetic mindset to come from where we have a problem and then we seek everything on the outside to change. And if we're coming from a parasympathetic position, it's like I will communicate that perhaps that doesn't suit me and I will give choices in light of that not suiting me, but ultimately I am the one that's going to change. I'm going to remove myself from the situation, or I'm going to get some noise canceling headphones, or I'm going to do something that makes me the one that is adapting to the circumstance rather than trying to get everything else on the outside to change. So those are a couple of examples that popped into my head. But the homeschooling journey has been a

really, really interesting one and not an easy one. It was agonizing to start with leaving any system of traditional thought that has a lot of social support in any context, and people experience this in the horse world, in any world that you're in, that you are part of that system.

Warwick Schiller ([01:07:36](#)):

Can you just say that line again? Leaving any

Jane Pike ([01:07:41](#)):

Traditional system, traditional system that has social support networks around it, there's an expectation of your kid turns a certain age and they go to school. That's just what happens, right? And if you don't do that, then the onus is on you to prove how you are not deficient in order to, you have to validate your reasons as to why you aren't the norm, why you aren't in that flow. And my work did actually play a huge part in this realization because I recognize that the brain learns through trial and error and through repetitious failure, and we also learn in movement. So the way that I learn is that I have information, I make a decision with that information, I take an action, I observe the consequences of my action, which tells me how far away I was from my original intention. And then I repeat the process, I repeat the process.

([01:08:45](#)):

And where we can get really stuck in that is we either overthink things without taking action, which doesn't give us more sensory information to observe, or in the observation stage, we observe things as right or wrong, good or bad. And that process is intrinsic to many of our educational institutions. So this isn't me being like us or them. I really recognize school has its place and it really works for some people. It just really didn't work for us. And the part of that reason was because of these standardized modes of learning that required children to be at a certain stage at a certain age and this homogenized curriculum that took them towards that point. Now for my children and for my eldest, that created so much anxiety, just the testing element, just this idea that he had to be something that it removed his capacity to learn.

([01:09:44](#)):

And so then he labeled himself as something which is stupid or not smart at maths or all of these things, which is completely, to my mind, ridiculous for an eight year old to be thinking like you are learning, you're in the world. There is no label of good or bad, stupid or anything at this stage, at any stage, but it just in his mind, because of this outcome, this expectation, everything motivated towards that. And it just removed his capacity to be in the learning experience. And that created a lot of anxiety. And I had this future projection down the line of, I could see how this goes. You either shapeshift to fit the system or you rebel against the system. Those are the two options that you have when you find yourself in that place. And for me, I thought I didn't want to be in a place where in 10 years time I regretted that I had the opportunity to do differently and I didn't.

([01:10:37](#)):

And so that's what we did. We just leapt. And there was another point, I guess, which was a pivotal point for me where I sat in, my littlest boy was just starting school, I think he went for two weeks and they were all sitting on the mat. And again, I completely understand why this has to be the case, but one little girl was like, I'm hungry. And they're like, well, you can't eat till recess time. And another little boy was like, I need to go to the toilet. And it's like, I have to wait for the bell. And there was another little boy that was just wanting to move around, which at five years old, you do just want to move around.

And so he had become already the problem child because he was the one that couldn't sit on the mat for long periods of time.

(01:11:20):

And so the way that they sat on the mat was they had to put their head down and they had to put their hands in a cross position again, just listened to the teacher, listened to the story, and the teacher was lovely. The classroom's lovely. It's nothing that the kids are in any position of, not okayness, but it's this gradual separation of you from your internal state where now you're eating at the time you're told to now you can't move when you want to now. And to me, it was horrifying. I don't know why. It's sort of that process of waking up and realizing you're mortal, I guess it's like what? But it was intolerable to me and I was like, I think that I have these two super active boys who learn in very experiential ways, and I'm in a privileged position where it's possible for me to be able to consider education differently. And so that's what we did, and it was terrifying. Totally terrifying.

Warwick Schiller (01:12:20):

That sentence that you said that I want you to repeat, it just reminded me of, I have a lot of people in my Facebook group and stuff that say, oh, it's terrible where I keep my horse because everybody's telling me I'm doing it wrong and I should be doing, and by this point in time, my horse should be doing this. And it's very much the same way that when those people stick to their guns and come out the other end, everybody wants to know, how did you get your horse to do that?

Jane Pike (01:12:56):

The common comment is, oh, you're so lucky. We could never do that. Wow, our kids are different. We could never do that. Or I'm different. And it's like, you are not different. We're not different. It was just, it's not easy. And it's also the convenience factor. It's convenient to go with the status quo in anything because you are in the flow. You're literally, you've jumped in the river and you are heading in the same direction. So it's easier. Yeah, I get what you're saying. Sorry for talking over you then. Oh,

Warwick Schiller (01:13:28):

No, totally fine. But yeah, I think there's so many parallels between the established status quo of what you're supposed to do with your horse, what you're supposed to do with your kids. And I think this is the journey on podcast. And so people who are possibly stuck in their ways probably aren't listening to this, but people who are on a bit of a journey and looking at things from a different perspective tend to be the people that listen to this. And I think there's probably a lot of people nodding their heads right now, whether we're talking about kids or talking about horses, but the more you know, kind of challenge that status quo and the way we've always done things, whether it's horses or kids or nervous system stuff or whatever.

Jane Pike (01:14:26):

Yeah, it's big. It's definitely big, and it is a privilege to be able to make that choice. Absolutely. I completely recognize that I work from home and I'm the breadwinner, so my husband can be around to be with my children. And perhaps if that was different, it might not be completely possible, but it is just recognizing the choice that you do have and then just being in that choice fully. So it's like I have my moments where I think, oh my goodness, what if my kids turn out to be illiterate, delinquent? And everyone was like, I told you, so that is a possibility. I'll step into that possibility. So it's not about trying to be sugarcoating anything. It can be tough, but it's just being in your choices and just recognizing that

you can make a choice and then change your mind as well. It's just knowing what feels right for you in the moment. And I guess having the courage to follow through with it, which is always going to feel like shaky ground.

(01:15:34):

What's interesting as well, which I think is similar with horsemanship, is that as soon as you are outside, you are then the one that is always open for questioning, which is like, well, what about socialization? Are they stuck at home all day with no friends? And I can't keep up with my kids and their social life and their activities that they have on. But it's interesting, and I think this is the same from perhaps a traditional horse world perspective, and one where you're stepping outside the norm where the majority feel okay with questioning in very personal ways about your approach and what you do and what about this and what about the other. But if you question the other system, there's a lot of defensiveness and it doesn't quite work both ways. So it's a very interesting dynamic to challenge and to observe, and I guess just to find a peace within yourself about whatever it is that you choose and just roll with it.

Warwick Schiller (01:16:27):

Yeah, I think it's really about being true to yourself and what you actually believe. And I think as you go further down the rabbit holes, what you believe changes. And I do think that you touched on this very early on in today's podcast was about, I forget exactly how you put it, but it's about, what am I trying to say here? My covid brain has got me slowed down here about stepping into your truth sort of thing. That's the word I was looking for into your truth. And what you see as truth now might not be what you saw as truth before, and it might not be what everybody else sees as truth too, but you have to have the courage of your conviction sort of thing.

Jane Pike (01:17:25):

And it does get to the point with everything that we've talked about for me personally, anywhere where it's not even stepping into your truth. It's like just this is the truth and everything separate, everything different to this feels intolerable. It just got to that phase where it's like, this is a difficult decision to take your children out of school. Everyone questions it in the beginning. Everyone's like, oh, unless they're kind of in that area themselves, there's that, oh, that's interesting. And you get those kind of vague responses to the idea, but the alternative feels so intolerable that the decision makes itself, and so you just kind march ahead with what you feel to be right. Absolutely. That's the same with work-related things as well. It's like if I'm practicing something, then that has to be what comes through me and what I'm teaching as well. The decisions make themselves and I just follow along.

Warwick Schiller (01:18:23):

I do feel though that, so you have had kids in school, you have had a normal job. You have been in the,

Jane Pike (01:18:38):

I dunno that I have had a normal job.

Warwick Schiller (01:18:41):

Maybe I'm not speaking an attorney, but you know what I mean. Let's say with your kids or for me with horses or whatever, I have been in that situation to where I would judge somebody doing what I'm currently doing. You've been probably in the situation to where you'd probably judge somebody taking

their kids out of school to homeschool them. So I think you do have the benefit of hindsight to where you realize they're judging you, but because you have been there and not understood your current truth, you tend not to judge them because how could you know, think of the other person as how could you view this any differently than you're viewing it? For me, with the horse thing, my change happened so quickly that it was very easy for me to look back and go, yeah, three years ago I've thought you're a whack job. And so I have no qualms about you thinking I'm a whack job because I totally get where you're coming from.

Jane Pike ([01:19:44](#)):

Yeah. And not only do I get where you're coming from, but I don't need you to agree with me. I don't need you to even like me. So you can have your opinion and you can have whatever you want.

Warwick Schiller ([01:20:00](#)):

Yeah. That's another whole level of life, isn't it?

Jane Pike ([01:20:06](#)):

And it's just like, then I don't even have to confront a pattern because it's not even an irritation. The only thing that I find to be irritating is when people will go around me to my children and confront them about situations that I feel like is my discussion. If you want to have a discussion. And when I see that happening, there's a level of kind of mama bear that might rise up in me. But yeah, if it's just about me, it's like, well, fill your boots. Fill your boots.

Warwick Schiller ([01:20:42](#)):

That's awesome. So how's all your horses going? You've got a collection of them now, you keep

Jane Pike ([01:20:49](#)):

I have enough. Yeah, I have enough. I do have a collection, so I have five ranging ages. My youngest is, my youngest is, he was born on Boxing Day, so he's eight months old now

Warwick Schiller ([01:21:06](#)):

For the rest of the, well, not the rest of the world, but maybe for the U s A boxing Day is the day after Christmas, I think. Is that

Jane Pike ([01:21:14](#)):

Not a thing in the us?

Warwick Schiller ([01:21:16](#)):

No, it's not a thing in the us.

Jane Pike ([01:21:18](#)):

I'd never even considered that. So the 26th of December, 2021,

Warwick Schiller ([01:21:23](#)):

It was. And so Boxing Day, apparently it used to be when you would box up the things that you had out for Christmas, I think, see,

Jane Pike ([01:21:31](#)):

I understood differently.

Warwick Schiller ([01:21:34](#)):

You box up something

Jane Pike ([01:21:36](#)):

I

Warwick Schiller ([01:21:36](#)):

Thought, not about punching each other. Yeah,

Jane Pike ([01:21:38](#)):

No, it's not.

Warwick Schiller ([01:21:40](#)):

It's not because you're mad, you didn't get the right thing for Christmas and you're punching your brother in the head or whatever,

Jane Pike ([01:21:47](#)):

Which is probably more the reality of Boxing Day in Australia and where we grew up. But no, I thought Boxing Day was because all of the servants, it's sort of part of feudal British society. All of the servants would be occupied looking after the main household on Christmas Day. So Boxing Day was their day to have Christmas where they could open their gifts and do the thing. It was like the servant's Christmas and they had some time off. I'm going to look it up afterwards. Look it up.

Warwick Schiller ([01:22:15](#)):

It wouldn't surprise me. But anyway, I wanted to let everybody know in America that Boxing Day is the day after Christmas. Yeah.

Jane Pike ([01:22:21](#)):

So anyway, that's

Warwick Schiller ([01:22:24](#)):

Get on a tangent here. Futile British society. Think about, I mean, when I really think about colonialization of every country and think about how short a time period that has been and the time period of the people who got colonialized and how long they were there before that. It doesn't matter if it's here in the US with the Native Americans, if it's Aborigines in Australia, Africa, no matter where you go, it's almost like when I said early on, he recently had some experiences to where I realized I'm mortal and death is coming sort of thing. And it's almost like that the enormity of it hits you. We don't get taught that in our growing up at school. It's like you grew up in Australia like I did, so Australian history is

this 200 years or whatever. And they don't really talk about, yeah, sorry, get off on a tangent, but it's just mind boggling when you really No, it's

Jane Pike ([01:23:40](#)):

Important. It is. Mind blogging. Yeah, it is. And it's a lot, isn't it? You're like, wow, okay, there's work to be done here, and it's my work and it's our work. And we just start, I guess you just have to start and create different experiences and with that awareness. Yeah.

Warwick Schiller ([01:24:06](#)):

Yeah, very much so. Sorry, I interrupted you. You were telling me about your horses. So your youngest one was born in Boxing Day, you got five?

Jane Pike ([01:24:12](#)):

Yeah, I've got five horses. I've got a Weanling who is an Irish draft. He's a purebred Irish draft. And then I have the next one up is five. I have Merck, Freddie Mercury, and he is a station bred cross Pinto. He's pretty fabulous and I've been having a really good time with him. And then I have another Irish draft cross and then a couple of warm bloods in there. So a pretty different palette of horses out in my paddock that span different ages and have very different personalities. So I am pretty fortunate to get to work with them on a regular basis and have them be a part of my experience.

Warwick Schiller ([01:24:54](#)):

So how do you fit it all in? You are homeschooling two kids, you have five horses to look after, and then you are a prodigious producer of social media content. I mean, how do you fit it all in?

Jane Pike ([01:25:11](#)):

I'm clear on where I'm happy to invest my time and where I'm not happy to invest my time and I'm clear on what's important to me and I prioritize it. And I have had times where I haven't got that right and will continue to have times where I haven't got that right where I've linked my self-worth to productivity or I feel a compulsion to continue to meet people's needs, or I feel like I'm letting someone down. And that is a thread that I'm constantly looking to reconcile. But I did a podcast recently about time, and it relates to what I'm going to share now, which is in my opinion and in my experience, the ability to use time well is recognizing your limitations, is actually being very clear on what you can't do and fully committing to what you can do. And that involves making choices on a regular basis and being decisive with your choices.

([01:26:12](#)):

Because we're presented with so much opportunity, there's always a loss to every choice that you make. And this is where I think people get this feeling of perpetual missing out or feeling like they should be doing something other than what they're doing, which is, if I choose this, I'm not doing this. And for me, I'm very clear, brutal. In fact, in the fact that the things that really fill me up and that are important to me are my horses, my work and my family. And I will choose them first over everything. I will choose them first. And so perhaps my social life could do with a bit of an injection because of the consequence of those choices. But at the same time I do, oh gosh, I sound all quite self. I don't want to big up myself in any way, but I do work hard.

([01:27:06](#)):

I get up early. There's no two ways about it. I get up early, I'm at my desk at six in the morning sometimes earlier. I do work in those early hours because if I don't, I don't have time to ride my horses. And for me, that's the payoff that I'm willing to make at the moment that if I'm up early and I've already done three or four hours work before nine o'clock, then I can be out there for two or three hours with my horses and figure out where my kids are. And then I can come back and shapeshift between Giles and myself in terms of what gets done. And some weeks I'm super successful at that in whatever way that means. And some weeks it's a lot. It can be a lot, but I wouldn't have it any other way. I'm so fortunate.

Warwick Schiller ([01:27:49](#)):

Have you ever read a book called The War of Art by Fellow, the name Steven Pressfield?

Jane Pike ([01:27:55](#)):

I think I've tried to read that book before a while ago, and I never actually got to it, so it might be a timely reminder.

Warwick Schiller ([01:28:03](#)):

I had an amazing podcast guest recently, Christine Dixon, and there were two books that she talked about in the War of In the podcast, and one was The War of Art by Stephen Pressley, and the other one was called, oh God, what's it called? Let me look up on my little tick,

Jane Pike ([01:28:26](#)):

Tick, tick,

Warwick Schiller ([01:28:27](#)):

Tick, tick. I can see it, but I can't see it. Let me look up on my library here. It's called, oh, the Obstacle Is The Way By Ryan Holiday. It's a lot of stoic philosophy, but both of those books were really good, especially the War of Art about, because Steven Pressfield is a writer. I think he's the guy that wrote the Legend of Bag Vance, but he was a writer in Hollywood, but he talks a lot about writing and productivity and coming up against resistance and stuff, and it gave me some good ideas about that sort of thing. But yeah, both very, very good books. I'm actually due to do a round two of books that have influenced me podcast, because that one was two years ago, and I've probably read and listened to a, you've read

Jane Pike ([01:29:17](#)):

The Library since then, a

Warwick Schiller ([01:29:18](#)):

Lot of books since. So speaking of, I'm down some rabbit holes, but I just recently listened to a book called The Cosmic Serpent

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

By a fellow named Jeremy Naby and the Cosmic Serpent. Yeah, if I was going to give you, he's an anthropologist who was in Peru studying tribes in Peru and had the tribes that he was with. They have the shamans that do the ayahuascas, the guy that do the ayahuasca and have all his visions. Anyway, they talked him into doing ayahuasca, and he noticed that in, this is a tricky book, but he noticed in his

ayahuasca vision that he saw these two snakes intertwined. And so then he starts looking into all sorts of mythology from all over the world, like native mythology from all over the world, and all of them have these intertwined snakes. And basically the gist of the whole book comes down to that we only unraveled the D N A code in 1984 or something or other. And basically he comes up with the idea that all native shamans have actually had visions of what D N A looks like all the way back to whenever. It's a pretty trippy book, but yeah, it's quite the rabbit hole. I'm down, but yeah, that

Jane Pike ([01:30:51](#)):

Was, it sounds like it's right up your alley.

Warwick Schiller ([01:30:53](#)):

Oh, yeah. No, it was very cool. He actually discovered that one of the guys that actually decoded D n A wrote a book that said something very, very similar, one of the scientists that Decoded D n A. But yeah, that's one of the whack job books that, excuse me, that I've been reading recently. What about you? You probably don't get much time to read, do you?

Jane Pike ([01:31:19](#)):

I read a lot of different books, actually. Do you? So I'm just trying to, when someone asks me about this, I can never remember a single title of a book that I'm reading. I've been reading a lot of classical dressage books by Philippe Carl books, which have been really interesting, and that's been hugely influencing my written work as well so far. And another book I'm reading at the moment is called Extreme Survival, which is a book about how different people cope in different survival circumstances and what makes one person behave in one way and another person behave in another way. So those books are always really fascinating to me. And every now and then, I try, because the books that I read, and you are probably a little bit like this as well, I think every now and then, Jane, why don't you get a novel?

([01:32:13](#)):

Just lose Yourself in a novel. And I get a chapter in and I'm like, this is so unsatisfying. I just have to let go of the idea that I can be that person who embraces the novel because for the most part, I'm really into nonfiction, or it always relates to nervous system work. I was sick in bed last year, and my friend came in and I had the Gift of Pain on My Bed, which is a book about a leprosy doctor who has some really revolutionary ways of looking at pain. And she was like, oh, just some light reading while you're being taken out. And I was like, it seemed like a really appropriate book to read in this circumstance, to reconfigure my perspective of what it means to be immobilized right now. Yeah, but that's another really interesting book. What else have I been reading? Gosh, I'm looking at my bookshelf. I've got so many books on the go that those two are, yeah, extreme Survival is one, and Surviving Survival is another really, really good book. If you're interested in looking at people's response under pressure and the way that our sympathetic nervous system kicks in, they're very interesting books.

Warwick Schiller ([01:33:25](#)):

Sounds like you're into the survival books right now.

Jane Pike ([01:33:28](#)):

Yeah, yeah.

Warwick Schiller ([01:33:31](#)):

I have not read a novel for, I used to read, I mean, I've always been a reader, but yeah, I can't remember the last time Read a novel. It's always, they're all,

Jane Pike ([01:33:42](#)):

I don't even know how to find one. It's not, I just look in the bookshop and I go by, oh, that cover is so attractive. I wonder if the words match up to the cover. That would be my way of picking out a book that isn't something that I have specifically targeted. Yeah, it's a thing.

Warwick Schiller ([01:34:03](#)):

It's a thing. Okay. Well, it's been a thing. It's been so good to catch up with you again and hear of all this stuff that you're up to these days.

Jane Pike ([01:34:12](#)):

Thank you. It's fun to be here. I always feel like we just touch the edges or just get started and then it's already an hour and a half,

Warwick Schiller ([01:34:20](#)):

So I'm so excited to seeing you in a couple of months actually at the Journey on Podcast Summit in San Antonio, Texas.

Jane Pike ([01:34:28](#)):

I know I can't wait. I've booked my ticket. It's all Systems Go.

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

It's going to be such, the thing about it is going to be not just all the presenters being in one place at one time, there's that energy, but the type of people who are coming there, the energy's just going to be off the charts, kind of the same bent sort of thing. And so it's going to be,

Jane Pike ([01:35:06](#)):

Yeah, it's really fun.

Warwick Schiller ([01:35:07](#)):

Yeah, I'm

Jane Pike ([01:35:07](#)):

Going to make fun. I'm looking forward to learning from everyone and upleveling and embracing the challenge of can I talk in a brief period of time? This is the ultimate test.

Warwick Schiller ([01:35:23](#)):

So one of the things we are having the guests do is do a TED style talk. So like a 20 minute talk, they're actually going to be called Talks and Tick is Teach Inspire and Connect I think is what the T I C stands for. And yeah, everybody's going to do a 20 minute TikTok basically of what's the guts of the message you want to spread with the world. And so Jane and I kind of talked about it before we started the podcast

today to where Jane's like, yeah, I've got to be able to, what did you say? I basically introduced myself in 20

Jane Pike ([01:36:02](#)):

Minutes. I kind of introduced myself in less than 20 minutes. We've been talking about it in Joy Ride. They've been laughing about that. It's a kind of an ongoing joke about how all of the live sessions, we do take extended periods of time, and I'm always making jokes about the need to be succinct

Warwick Schiller ([01:36:25](#)):

With some of the stuff you are on about. It's very hard to be succinct and cover the subject matter.

Jane Pike ([01:36:34](#)):

Yeah, it is. It is. So it's the ultimate test. I'll be playing Eye of the Tiger and then I'll walk into the theme song of Top Gun. That's the type of zone I need to be in in order to bring everything down to a 20 minute,

Warwick Schiller ([01:36:50](#)):

We got you covered. You'll be good.

Jane Pike ([01:36:54](#)):

Oh, speaking of which, I saw the Top Gun sequel the other day. Have you seen that?

Warwick Schiller ([01:36:58](#)):

I actually have, yes. What did you think?

Jane Pike ([01:37:01](#)):

I loved it. I was all over it. I'm like, yes, that's me. I'm going to be a fighter pilot, but I don't want to kill anyone. I don't want to have to go on special missions. I just want to be able to do that.

Warwick Schiller ([01:37:13](#)):

Didn't it take you back to the day though?

Jane Pike ([01:37:16](#)):

It really does. And there was a group of, gosh, it sounds so patronizing. I was going to say, there's a group of kids sitting in front of me, I'm not quite sure how old they were, but they weren't children of the eighties. Let's just put that out there. They weren't children of the eighties. And I thought to myself, you poor things. You are never fully going to appreciate what you're about to see because you were born after the fact.

Warwick Schiller ([01:37:43](#)):

Tyler was not a child of the eighties, but he watched the original one before he went and saw, I think he'd seen it before anyway, but he went, and for him, he went to school in San Diego, so Top Gun School is right there in San Diego. So they've seen it flying over there quite a bit. But yeah, great movie. Very fun. So Miss Jane, excuse me. How can our lovely listeners find you?

Jane Pike ([01:38:15](#)):

Well, there's a couple of different ways. I have my website, which is Confident Writer Online, and all their details of memberships and blogs and everything are on the website. And I also just relaunched my podcast. So I have got the Confident Writer Podcast season two, which I had planned initially to take two weeks off and 18 months later decided that that was probably quite a long two weeks and it was time to get back with the program. So I just relaunched that. I think we're coming up to the fourth episode of season two now, so it's back on the air. And that's pretty fun. And I've been sharing the new ideas that I'm immersed in and the ways that I'm practicing now with the nervous system work and stuff on there. So that would be a good place to, if you're interested in hearing more about it to tune into.

Warwick Schiller ([01:39:05](#)):

Yeah, I listened to the first one while I was in, I think when I was driving to North Carolina before I got stuck in the hotel room. It was very cool. And I love what you're doing to where you're recording the podcast with a bit of an audience in front of you on a Zoom call because you find it so much easier to emote and be excited about stuff when you have faces nodding in front of you and that feedback.

Jane Pike ([01:39:38](#)):

So one of the things I found really challenging about podcasts in the beginning, and I'm not sure what your experiences have been, but I cringe when I listened to the first episodes. I'm like, oh, I was much more wooden than I sort of found my voice along the way and figured out podcasting. But one of the things that I always disliked, I guess, was the fact that mainly I was just sitting by myself in a room talking to myself, and that didn't feel very natural as far as the conversations go. And what I love about teaching in my membership is I just really enjoy workshopping things and having conversations. And so I had the idea with the actual podcast recording that I could record them live in Joy Ride. And if anyone wanted to come and hang out for the session and ask questions and offer their experiences as well, that would be just part of the podcasting experience. So I was like, well, if you're happy to have your voice on there, if you're happy for me to read out comments, then let's roll that way. And so far that's what we've been doing. I've just been recording them live in the group. Everyone has the option to come. I see their faces and they add comments and occasionally unmute themselves and add their voice to the conversation. And it's been really cool to do it that way. Yeah,

Warwick Schiller ([01:40:53](#)):

For the most part, my podcasts are with people. But yeah, the ones that I've done where I've just been talking, it's a little, I dunno, it's so much easier to, and that's for you guys at home? We actually have, when I record these podcasts, I can see the guests, so you can see 'em nodding. You can see. It just makes the conversation flow easier, I think.

Jane Pike ([01:41:15](#)):

Yeah, I remember reading some books around body language and how our communication style and the way that we communicate is really dependent on reading into the signals and tuning into the body language of the person that we're in conversation with. And that the worst fate that many of us can befall is actually having someone in front of us who is non-communicative as far as you can't register what they're thinking. And so if you were to go into a job interview and they're just like a completely a panel of blank faces, you immediately find that anxiety producing because you can't sense into what it is that's going on. And I think there's a part of that when you're recording by yourself and you're not getting feedback from a real life human that you're relating to, that it's a very unnatural and vaguely

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concerning experience to be in. And I find that it messes with your train of thought that you don't have the most logical progression to thoughts or the communication doesn't flow as easily when you're talking to yourself by yourself. So yeah, that was part of the fun of it.

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

Yeah, no, it sounds like it's a great way. I was actually thinking when you're talking about that, I'm thinking I could do something like that too. Anyway, it's been great chatting with you, and thank you so much for coming back on the podcast and I will see you in a couple of months. You

Jane Pike ([01:42:35](#)):

Will. I will see you. Thank you so much for having me here.

Warwick Schiller ([01:42:38](#)):

I'm so excited to see that you there, you guys at home. Thanks so much for joining us, and we'll catch you again on the next episode of The Journey on podcast.

Speaker 1 ([01:42:47](#)):

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.