

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

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

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

Good day everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller. Recently I have been doing some re-interviewing of previous podcast guests in a bit of a series that have been calling the Journey Resumes, and some of them I've had back on the podcast because their life has changed quite a bit since the first time I interviewed 'em on the podcast. Some of them actually, their lives have changed because they were on the podcast, and some of them have just been because I want to delve further. And today's guest is Karen Rolfe. I had Karen on the podcast in the first season of the podcast, and all that I knew about Karen was that she has a website called Dressage Naturally, and she seems to know what she's doing. She's a dressage lady who ended up looking at a different way of working with horses, and now she does dressage a bit differently than some people.

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

But during that conversation, I kind of got the sense that Karen had done a lot of work on herself away from the horses. And we just recently here about a month ago, we had the Journey on Podcast Summit in San Antonio, Texas. And I got to spend quite a bit of time around Karen and I'm like, oh, there's a lot more there. I want to find out what's going on. So I decided to have Karen back on the podcast, and what I really want to know was about her personal growth journey, all the personal growth, the inner work that she's done, nothing to do with horses, all of that. And the story was probably even more fascinating, way more fascinating than I thought it could ever be. I think this is one of the coolest conversations I've ever had in my entire life, including all the conversation I've had on the podcast.

([00:02:36](#)):

I just love chatting with Karen about her personal growth journey. And so this story starts out with maybe a meditation practice and ends up in psychedelics. So just letting the cat out of the bag there, that's where it's going to go to. And yeah, I absolutely love chatting with Karen on this conversation. At the end of the, after we recorded it and we got off, we weren't recording anymore, but we're talking, and at the end Karen was like, oh, I love this. I've got a little crazy conversation buddy. So I dunno if she said crazy conversation, but I've got a friend who I can have these conversations with that I don't get to have with too many people. So this was one of those conversations I hope you guys enjoyed as much as I did. Here's the wonderful Karen Rolfe. Karen Rolfe, welcome back to the Journey on podcast.

Karen Rohlf ([00:03:32](#)):

Thank you. I'm so glad that I get to come back.

Warwick Schiller ([00:03:35](#)):

Yeah, it's kind of cool because the first time you're on the podcast, we hadn't actually met, and to tell you the truth, I didn't know a whole lot about you was pleasantly surprised on the podcast that you're a bit of a journeyer like I am in the self-development stuff and things like that. But since the first podcast, we've met each other at the Junior Podcast Summit, which was a whole lot of fun.

Karen Rohlf ([00:04:03](#)):

Absolutely. Yeah, it was just really fun. It was like we had one conversation. The next thing I know I'm dropped into Warwick Land and whatever it was that happened at that summit. So jumping in with both feet.

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

Yeah, it's funny, someone, I think we had a Zoom call the other day with all the presenters and someone there said it was like an ayahuasca ceremony without the ayahuasca.

Karen Rohlf ([00:04:32](#)):

I don't know if anything's the ayahuasca ceremony, but

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

Well, more the coming back from it was like you've had this life-changing weekend without the, it's almost a bit like that. And so what I wanted, have I have you back on the podcast for this one, what I wanted to talk probably a bit more about was some of the personal development stuff that you've done because you've obviously done a lot of it. We've got that in the first podcast and I know that you've done some different stuff since and then we've had some conversations about different things you've done in the past. So yeah, we didn't really get the full gamut of the things. We got the four agreements that you really got into on the first podcast. But I'd like to maybe talk about any of the other things that you've tried, done, didn't like.

Karen Rohlf ([00:05:27](#)):

Yeah, absolutely. I talk all the time that horsemanship and personal development are inseparable. So it's great if horses can be the excuse, use them as the excuse to better one's self. For me, it's just sort of this quest of being my best self and just at some point in life you're going merrily along and then enough life builds up and you realize, well, I realize, hey, I'm not as happy as I used to be or this is not how I want to be moving through the world. And then I realized I think I need some help with this. So in my typical fashion, the first thing that I ever did that was personal development related was I went up to the Kripalu Center, which is up in Massachusetts, and I did their most intense course, which is called the Inner Quest Intensive. And it's five days and they take away your watch and your phone and everything, and they control everything and they cover up the clocks and you're just theirs.

([00:06:30](#)):

No sugar, no totally macrobiotic diet. But it was amazing. And I like to sometimes put myself in situations where I know if I just show up, if I just show up and allow the process to work, there can be amazing benefits to that. So that's why I went to the one where there was no wiggle room, I was there and it was amazing. And in those five days they did all kinds of different modalities or techniques, everything from just crazy movement to breath work where it's like a trip you're hallucinating and flying around the room to things in triads where you're pouring out your deepest darkest fears to someone you just met in a safe environment and learning to process and learning how to listen. And one of the biggest things that I got out of that, because I don't know of anybody else, but when I have a problem or something, it's so easy to think there's something wrong with me. I'm the only one with this problem. What's wrong with me?

([00:07:51](#)):

And then you go to something like this where it's a group format and you hear everybody else's stories and you hear everybody else saying that they think that there's something wrong with them and you're looking at them going, but you're this beautiful person, there's nothing wrong with you. And then I'm like, oh, maybe that's true of me too. And so it was just such a life-changing experience to be brave enough to go and put myself in that situation and a place that I trusted and work through the process. And there were the personal things that I got out of it, but it was the sharing the experience and seeing other people and learning that maybe I should give myself the same kind of grace and forgiveness that I give other people. And that was a huge lesson that I have to keep relearning, but it gets better, number one.

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

But I think those transformational spaces or those things like that are way more transformational for me at least than just standard talk therapy or whatever. Because when you talk to a therapist, they've got no skin in the game. You've got to spill your guts. But they're like, they're writing stuff down, but they're not like, oh yeah, once when I was a kid, I did this thing to somebody, they got no skin in the game. And I went to a men's emotional resilience retreat a couple of years ago, and the first night at that thing, we all sit around this big room and the guy that's leading it sits in front of the fire and he goes, okay, we're going to go around the room, introduce ourselves, and then we're going to go around the room and you're going to tell us something about yourself that you're ashamed of, that you've never told a soul in your life. And that's how it started. And there's something about like you experienced there. I think there's something about that vulnerability to where you can be vulnerable in front of people, but they're in vulnerable in front of you and there's something that there's an exchange of energy or something opens up to where you're open to a lot more possibilities I think.

Karen Rohlf ([00:10:10](#)):

Absolutely. And you've got to be brave enough to, it's one's own judgments that usually it's scary to tell someone or you think it's scary to tell someone because I would hear my own judgments of myself on the inside, I'm thinking, well, if I'm judging myself, everybody else is going to judge me even more. And actually not the judgments are holding it in. And so when you have the courage to say it out loud, that's actually such a big part of it because you've already gone past those self judgments, and that's one of the biggest steps. But yeah, I know what you mean about the talk therapy. I've done some of that and I learned a lot about myself, but I kept going, I need an action. I need an action. Okay, I'm learning about all this stuff and it's interesting, and your brain can put two and two together and go, that explains why I'm thinking that.

([00:11:14](#)):

But it didn't change anything. Although I had a guy who did some E M D R and actually that was really helpful. This was all during, I was married before and this was like uhoh, I think I am not happy. And I couldn't figure out whether I was unhappy because I was married or I wasn't happy in the marriage because I was unhappy just as a person. So I'm like, I'm going to go to therapy then. So that was at that whole stage and I learned a lot. But later the, let's see, then I did, I think the next thing I did was more,

Warwick Schiller ([00:11:52](#)):

Let's just talk about the E M D R for a second. Can we talk about the MDR for a second? It's not just straight talk therapy, it's sematic. It's more of a bottom up approach than the top down approach. And I used to, when people would say top-down approach versus bottom up approach, I think, what the hell are you talking about? So if anybody's listening at home, you don't, don't understand those terms. Top

down approach is like you get in your head about stuff, you think about stuff, A bottom up approach is having you feel stuff. So you are not thinking about what you're concerned about. You are in your body. And the d i, did they have you follow a finger or did they tap you? What'd they do with you?

Karen Rohlf ([00:12:36](#)):

There were, let's see, I did a few. There were lights, we did, sounds like in earphones, but I found really helpful was the tactile, because then I could do that to myself. And yeah, it's

Warwick Schiller ([00:12:51](#)):

Something about did they tap your hands or your knees?

Karen Rohlf ([00:12:54](#)):

Knees, I think, yeah, he mostly

Warwick Schiller ([00:12:57](#)):

Did knees that's in front of you. And so if someone at home doesn't know what we're talking about here with E M D R, so M D R is eye

Karen Rohlf ([00:13:07](#)):

Movement, rapid or high movement,

Warwick Schiller ([00:13:12](#)):

Something eye movement, desensitization, something or other. But what they do, it's kind of talk through because they're asking you questions about things and asking you to talk about stuff. But while you're doing that, they will do something that makes you think from one side of your body to the other. So sometimes they have a light in front of you that goes from one side of the other and your eyes have to follow it. The tapping thing we're talking about here, the therapist I did it with, she sat right in front of me and she just tapped left, right, left, right, left, right on my knees while we're talking sometimes sit it on the back of my wrists. And then you said they did it with sounds too, you had sounds in one ear, then the other one. But from what I've read it, switching from the left side of your brain to the right side of your brain and back again really quickly breaks down the barriers to stuck places you can't go to, you can go to when it's happening. And it's just, isn't it fascinating how they can figure

Karen Rohlf ([00:14:14](#)):

Stuff like that? And I remember thinking how when you're trying to think of something and then you go for a walk and you're doing this bilateral, this movement across your body, and then all of a sudden you can think clearer or you feel better. So I can't give the science, people can read about it, but for me it felt a little bit like that. But yeah, they, you pick something and they say on a scale from one to 10, how do you feel about it? And then they talk through it while they're doing this tapping or the stimulation back and forth. And then they're like, and now how do you feel? And you're like, it started out a nine. And then I'm like, oh, two. And it was just amazing. It just somehow gets it out or processes it or I find that really satisfying. You could literally rate it on a scale from one to 10 in the moment.

Warwick Schiller ([00:15:08](#)):

Yeah, it's kind of a very actionable thing. Do you watch Netflix?

Karen Rohlf ([00:15:12](#)):

Yeah. Are you going to talk about the stutts? Yes.

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

Speaking of actionable things. So have you watched it?

Karen Rohlf ([00:15:18](#)):

Yeah, absolutely. And I'm going to go watching and take notes. And what was, I mean, there's a lot. That's

Warwick Schiller ([00:15:23](#)):

Matter. Yeah, I'm

Karen Rohlf ([00:15:24](#)):

It. But he's like, there's no time. We need an exercise to do right now that changes your perspective and changes the way you're thinking about it and acting. And I was like, thank you. I was like, it was just beautiful. Everybody should go watch it. And I'm such great tools that he talks about.

Warwick Schiller ([00:15:46](#)):

Yeah, great tools. And I love the, like you said when I forget how we put it, but it's something like when you understand that you're always going to have these three things, and I recorded a podcast yesterday, the probably came out before this one. We went deep into it, so I won't really hear. But you talk about once you understand that these three things are going to be constant, your life gets better, pain, uncertainty, and I dunno if the word was tireless work, but basically never ending work. You've got to work. You think about, oh, if I won the lottery, I could retire and not have to do anything. And those are the people that go nutty because there's nothing never ending work. And at the podcast summit, Robin went and took two groups of people through ice baths at nighttime. And the ice baths are great because it raises your dopamine level and how it does is exposing you to pain, painful things, reset your dopamine level and then the uncertainty. That's just the whole just letting go and going with the flow sort of thing. Out of all the stuff he said, those three things are like, yeah, that's some of the stuff right there. So if you guys haven't seen it, it's called

Karen Rohlf ([00:16:58](#)):

Stutz. Yeah,

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

Stutz, yeah. It's movie on Netflix, basically Jonah Hill and his therapist, and sometimes the therapist is therapist Jonah Hill and sometimes Jonah Hill is therapist. The therapist.

Karen Rohlf ([00:17:12](#)):

That was so beautiful the way he was vulnerable, that there's a quote I love. It's something about we need to be in a constant state of departure but never arriving. And I remember thinking, oh, I hit a certain age and I would have it figure it out. I would arrive. And then you're always just set up for disappointment. And even the things in life that you do arrive, it's a split second. It's like, yay. And so the

more you hinge your happiness on, if I only only accomplish that, then I will have arrived. You're sunk because you're going to be congratulate yourself for a minute, bask in the glory and in the next breath, what's next? And you got to keep going. You just have to keep going.

Warwick Schiller ([00:18:06](#)):

Yeah. And you said right at the start of this episode of the podcast, you said personal growth and horsemanship is just so intertwined. And that right there is something sometimes I'm trying not to answer questions on social media anymore. I'm trying to get myself away from that because part of it, I'm doing a good job, but part of it's a little bit of an addiction with me and I've got to step away from it. But someone will ask, have a complaint about the horse. How do I start my horse from doing this? And my answer might be nothing to do with how to solve the problem. My answer might be, well, let's think about why you are so upset about this thing not working. Because if I help you solve this problem and you approach the next problem that comes up, which is never ending with horses, it's never fully, if you approach the next problem with the same attitude, you're approaching this problem, your life with horses is going to suck because it's like, it's got to fix that. I've just got to fix that. Only have you can on a loose re you then what you're going to have, something else you want to achieve. And if it just drives you nuts, if it makes you all bent out of shape and have that dark energy about it, there's no use of me giving you the solution to this problem because this problem is not the problem. Exactly.

Karen Rohlf ([00:19:37](#)):

Yeah, exactly. You don't get into horses unless you love having things not work. You got to love things. I mean, that's what horsemanship is all about, is trying to bring understanding. And it's not, oh, I really like to talk to this horse who's already talking, speaking English. No, we want to, the magic is in being there with them and creating something together. But that's not easy for humans to sustain. And speaking personally, it needs tending. It needs help to be our best selves independent of all the crap that life piles on us.

Warwick Schiller ([00:20:24](#)):

But I think that's the really cool thing about horses is if you just want to have 'em like a motorbike, they'll do that. They'll give you some problems. And then it's like, I dunno, I think this personal development stuff sneaks up on you. I don't think people go, I want to get a horse for personal development reasons, but initially you've got a problem and you want to fix the problem. And so you learn how to fix the problem. But then as you go along, you start to realize, oh, that the problem was caused by this horse's nervous system not being in the right state. This horse is not relaxed. So I want to learn more about how to get 'em relaxed. And then when you start learning more, well, this is at least for me, how to get 'em more relaxed, then you start realizing that when they're not relaxed, not only is it a barrier to what I want to achieve, but they're anxious. This sentient being is having this bad feeling. And then you just get to where the point to where I just want to help them not have any bad feelings, and I just want to help them not be worried. And I don't care if we ever ride them. You know what I mean? It's a path. It's a path.

Karen Rohlf ([00:21:47](#)):

And that's just your evolution. And I think everybody has to allow themselves to evolve. And I think sometimes that's extra hard for professionals because we have a sign and a shingle and a website, and that's what we have to do. But we as humans, I think we need to evolve constantly. And so I love that

you're exploring this other way to be with horses and allowing yourself to do that, even though you've got a brand from the past. And so I think it's just really cool that you're exploring

Warwick Schiller ([00:22:24](#)):

That. Well, the thing is, you don't throw out the techniques, but the more you evolve, the less techniques of course you need. I mean, if you are trying to develop a high level athlete, you have to know how to ask the horse to do things. Exactly. It's not like I'm using the techniques to stop him from bucking me off. It's not that sort of technique. There's how to shape behaviors and how to create desire and all that sort of stuff. But I just think your interpretation of those techniques starts to have a lot more shades.

Karen Rohlf ([00:23:04](#)):

Exactly. And you're able to now you've got that in you. So now you can bring your awareness to something else. And it doesn't, like I said, you still have everything that you learned and those techniques are in there, but now you can be stepping back a little bit and thinking of other things at the same time or seeing other dynamics that are happening within the system where before, when you're learning the techniques, you got to focus on the techniques. And so that's why it's a growth, and it's not a change. You're not throwing things out. Although sometimes people will evolve in a way that they do throw out what they used to do, and that's okay. I think one of the biggest causes pain in people is not changing when they know they need to change, being stuck and defined of what other people think or what other people will say or what they think they should be doing and things like that. So we just have to, I think, to keep evolving, keep learning, keep allowing yourself to entertain each new moment as a choice of what we're doing and what we're thinking and what we're saying. And we have all possibilities at any given moment.

Warwick Schiller ([00:24:20](#)):

You are so wise. I love the stuff that comes out of you, man,

Karen Rohlf ([00:24:24](#)):

I've worked hard for all this. I had one thing you were saying before, when you're talking about, I dunno, something you said earlier, and I was reminded of this quote of it was meant to be a joke, but I use it all the time. It's very helpful. The only thing standing between you and your goals is you and your goals. So I think it

Warwick Schiller ([00:24:44](#)):

Was meant to be a joke,

Karen Rohlf ([00:24:46](#)):

But it's totally true, right? So pick any horse problem is that example of the person with the horse and the problem. The only thing standing in the way is either how you're showing up your level of frustration, your level of whatever, what you're bringing to it, and then your expectation. Because the difference between a horse, you having a fabulous, oh my god, magical moment with your horse or not, is your expectation and choices for what you ask that horse to do that day. So whenever I have a good day with a horse, of course I'm loving on my horse, but I give myself a pat on the back and I go, didn't screw it up today. I made choices that allowed the horse to be the already perfect horse that he is.

They're always perfect until we come along and ask him to do something that I can't do. And I know my mood, my patience, my everything, everything. That's me being in the present moment and really feeling what's going on. And then what are my choices of what I'm choosing to try to accomplish that day? That's everything sitting in the correct direction during a shoulder in, yeah, you got to learn it, but that's relatively the easy part.

Warwick Schiller ([00:26:04](#)):

Yeah. Yeah, very much so. We kind of went off on a big old sidetrack there because we actually were talking, you were talking about the modalities you tried and you said, yeah, I went to this thing and then I did some EMDR R then and you were going to say what you're going to do next. And I said, let's talk about the EMDR R for a minute. And that was about 15 minutes ago that we took that left turn. And I love where we went. I loved where we went, and we're going to do that all over and over again. The only reason I asked about your personal development journey, you could tell me your personal development journey in five minutes. First I did this, then I did this, then I did this. But it's all the stories that come off of those things that I find are the fascinating conversations. So yeah, the mdr, then what? What's next?

Karen Rohlf ([00:26:48](#)):

Okay, next. Well, I think I've talked about this a little bit on the first podcast. So next I picked up the book, the Four Agreements, and in the back it said, come on, a power journey to Mexico. And I was like, okay. So I really went to Mexico with Don Miguel Ruiz, the four agreements I really loved at that time. It's so simple. They're kind of actionable items. It's like, okay, here's these four things to do. Then I worked with one of his apprentices and for a couple years, and it was really about, in a nutshell, trying to figure out what your book of rules is. What's your book of rules? What the rules am I living by? And then you look at them and you go, where'd that come from? And do I choose it now? So it's really long. It's a process, and so much comes up in the process, but it's like all the shoulds, and why does this bother me?

([00:27:57](#)):

Well, it shouldn't be that way. Why? What's the rule you have around it? And realizing that rules change from person to person, country to country. There is no right way to do anything. And so everybody gets to choose, which is a really cool idea. You can choose to change your rules if they're not bringing you happiness. And to realize that who are the rules made by parents culture? And you look at these rules and go, well, who said that girls can't do this? Or who said that? You can't say that word or this word. So it was a really, really interesting process. And I love the idea of possibility. So it just was right up my alley, like, oh my God, I to, I can choose any rules that I want to live my life by. And so that was a big focus for many years, and I found it incredibly helpful. And the idea is we are born, we born just like these pure energetic beings of love. We're just energy from the sun and the universe, and there we are, and that's how we start. That's who we are. And then Domi, Miguel refers to it as our domestication. So then we become domesticated by our parents, by our family, by our friends, by culture, by whatever country we live in and whatever the rules are. And that's put on top of us.

([00:29:36](#)):

And so a lot of his process is the same as many processes, which just looking at it, keeping it, if it makes you happy, letting it go if it doesn't, and it's a lot of shedding, shedding of the stuff that was put on you and becoming closer to your original state that is in there can, and that's my philosophy is can ask question. Yeah, yeah, go ahead.

Warwick Schiller ([00:30:07](#)):

So you're talking about doing things to shed those things, but Well, for me, put it this way, I was 50 before I even knew I had them.

Karen Rohlf ([00:30:19](#)):

Yeah, you had lots of layers there.

Warwick Schiller ([00:30:24](#)):

I was 50 before I realized that how I showed up in the world was a result of all these things that have happened along the way. And if I could let go of some of them, I could show up in this world differently. Because that sentence right there is not a conversation you hear on the nightly news or whatever. You know what I mean? So I think a lot of people, what you are talking about, and you're talking about shedding those things, you've got to know what they are to shed them. And absolutely for me, the finding them in the first place, the shedding them, that's part two of the story. But figuring out what they are and stuff, and especially I think a lot of men are taught to shut their emotions down, so they're not even questions. You ask yourself about those things. So you are at a point in time in your life and you have no idea. You've got a blind spot. You don't even know that the way you act and respond to things is because of something. You're just like, that's just how I am.

Karen Rohlf ([00:31:36](#)):

You can't see the picture from inside the frame, so you don't know. The goldfish doesn't know he's in water, whatever that analogy is. So I mean, for me, had enough pain. I had sadness. I was crying a little more often than I should. I was lonely. There were things going on, and I just knew I do not want to feel this way. I was a bit of a fighter. I'm like, I always had this awareness of this is not really me. This is something else going on. So I always, even though, believe me, there's plenty of, I'm not good enough in there, but I was just like, I don't want to be this way. What do I need to do? So that's where I was really seeking. So when anytime I had a protocol to follow, I'm like, okay, let's look at all. So Sherry, who is my coach, is I just talk, and she's like, whose role is that? Who's really, who said that? I'm like, I don't know. Where did that come from? So it's a lot of going back, going back, going back, but connected, following that thread to what's happening right now and just choosing. But it's still a lot of thinking work, still a lot of thinking.

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

And there were some experiences with Don Miguel that I experienced. I'm like, Ooh, okay. He's able to control his energies in a way that I've never seen before. So again, just opened up possibility. And that got me curious to go, okay, just keep going. And I think there's all these layers on that I have to use my brain to help me through to get to something else,

Warwick Schiller ([00:33:27](#)):

To get to the good stuff. There was something in there, you said at the start of that, it made me answer my own question. I had an indigo, because you said I, you said you were emotionally, you were crying more than you normally would, and I felt like I needed to do something about it. I'm like, oh, okay. So that's why I was 50 and didn't even know I had any layers on me, because when you're depressed, you don't know what I mean. You're getting that, you're not getting that feedback, you're not having emotions. So you think it's, Hey, this is just normal. You know what I mean? If you were up and down,

and sometimes I'm happy and sometimes I'm crying, but if you really don't feel much at all, you don't really think that something needs to be fixed.

Karen Rohlf ([00:34:12](#)):

Yeah, exactly. Especially if that's part of the culture that you're around. So nobody else, Australian man, cowboy guy, that's how they are. If you're in a culture that supports that too, it doesn't make it easy to change. So what was it that made you go, Hey, I think there might be a different way to be. I'm asking you a question now.

Warwick Schiller ([00:34:38](#)):

Oh, it was Bob Schulte.

Karen Rohlf ([00:34:41](#)):

Oh. Oh, that's right. Is that the story

Warwick Schiller ([00:34:43](#)):

From

Karen Rohlf ([00:34:44](#)):

When you were at an expo? Was

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

That Yeah. Yeah. She introduced me. She introduced me, Torene Brown. It was actually, it's funny, you talked about going to that first thing and being vulnerable in front of other people. And what led all this stuff to happen was I met a horse expo in Madison, Wisconsin, and I met Barb that morning. Her booths in the same aisle, my booths in, and I had to go and do a talk, not a demo with a horse, but a talk in front of a room full of people. And I have one that I, you know how you do those horse expos? They contact you eight months ahead of time and say, what's the title of your session? And you going to send it to 'em? And so for horse expos that want me to do one of those standup talks without a horse, I just give them this generic, it's called Everything I Learned in Life, I learned about Horses, and I just go there and riff on stuff. And for some reason, this one, I'd started at the world a little bit differently, but this one, I stood up in front of a room full of 200 strangers and probably told them some stuff that I probably hadn't ever admitted to myself before.

([00:35:51](#)):

And I dunno why I did, but I did. I'm not sure why something compelled me to go there. Anyway, I get done with that, and I go back down to my booth and I walk past Barb and she says, how's your talk going? I'm like, oh, Barb, I'm exhausted. She's like, why? And I told her what I just said, spitting stuff out. And she goes, oh, vulnerability is the ultimate badass. And then she said something about Brene Brown and went home from there and looked up Brene Brown in reading Brene Brown's book. She said, you cannot selectively suppress emotions. If you suppress the lower ones, you automatically suppress the higher ones. And as a man, you know that the lower ones are suppressed. That's what you're supposed to do. That's a good thing. But I'd never thought of the other side of it to where, oh, could I feel more of this other stuff? Enjoy that. And so anyway, that's the start. The start. That's what got it was that one realization that, oh, there's more to this life experience than what I'm currently experiencing.

Karen Rohlf ([00:37:05](#)):

I didn't know that until I read that the price of suppressing the one set of emotions was too high because the price was happiness. The price was the higher emotions. So you started to do something about it. Super cool.

Warwick Schiller ([00:37:22](#)):

Yeah, I think I'm probably going to have trouble when I get to the, all the good ones are working now. I mean, the summit, my body was just going off. It was a big old warm hug. I think the next thing I'm probably going to run into is, one of the reasons I think I shut down as much as I did is I think I was born really quite sensitive. And I think maybe all pain or my emotions were probably very painful, I would say. And so I probably blocked out that pain, scared of the pain sort of thing, making the pain go away. And I had had a really interesting thing happened this year at a funeral here in town of someone we knew quite well a number of years ago. We hadn't seen him much for a while. But anyway, I went to this funeral, and while I was there, I got this pain across my collarbones like this, almost a

([00:38:35](#)):

Cutting, kind of slicing sort of a pain and it's grief sort of thing. It's very powerful. But the funny thing about it was is I felt it. And I'm like, I know that from somewhere. That's a very familiar feeling. You know what I mean? So I think my shutting down is not just the cultural part of it too. I think there's that part. Boys don't cry, all that sort of stuff. There's that part of it. But I think there's think the other part of it is that emotions were too strong, so it made 'em go away. So that's the next thing I'm going to have to do, is I'm going to have to, when I start having painful stuff, I've got to be able to sit with it and not make it go. That's thing I can make it go away really good.

Karen Rohlf ([00:39:35](#)):

Yeah. I mean, this is our bodies and brains protecting us, and emotions are meant to be felt. And the best thing to do is to let them out. And someone told me they can only last about two minutes if you really let them out. So if you feel it, that's an exercise that I was taught is like, go ahead and you're frustrated. Whatever it is, just go into it. And I am so frustrated. And you'll go through a wave and you'll ride going through, this is going to be a theme. Go through it. Go through it. Go through it.

([00:40:10](#)):

Yeah. Oh, I was going to say something. Yeah, I can remember a moment back when our kid is all, there's pain, there's trauma, and then we think we're protecting ourselves and it works. This is the trouble is it works unless we're surrounded by people who can see it and can help us heal as we go. So I remember my mom and dad would fight a lot, and they'd yell, and I remember as a little kid, I can remember sitting in the living room and I said to myself, I'm never going to be angry. I decided right then, I'm never going to be angry. Well, guess what happens when you're never angry? It's in there

Warwick Schiller ([00:40:53](#)):

And it

Karen Rohlf ([00:40:54](#)):

Just eases in there. So then you learn the technique of, and I'm a nice girl, and I don't yell at people or whatever, but I also didn't learn how to ride the wave of emotions and process in a healthy way. And so sometime in my thirties, well, it's all in there. I'm like, guess what? I'm not so happy. And I was so good at suppressing not being the angry person that I saw that I didn't want to be, that I was so quick at

repressing it that I didn't even know I was angry. So I get a little bit of what you're saying. If you ask me, I'm like, I'm not angry about that, but you dig enough. Oh, actually, that's what anger looks like when it's not acknowledged. So then you don't find the source of it, so then you don't work through it, and it just sits in there, a little black piece of coal in your soul.

[\(00:41:49\)](#):

And so now, much more of my life, of course, when you start letting them out and feeling them and accepting them, all of the emotions you get the better ones. But it's a little, you got to warn the people around you. For me, I don't want to hold back an emotion again. So what happens is sometimes it's everything when you hold it in and it comes out, blah, it's going to come out. And then you get used to that. And now it's just like, oh yeah, I'm over it. I can move through it. And once I start doing that, then I can start recognizing more subtlety of emotion. So it's like in the talk I did at the summit, that little like, oh, there's a little disharmony. What's that? And I'm learning to say, Hey, there's something there. I don't know what it is. I'm going to let me explore it a little bit. Instead of going, Nope, everything's fine. Nope, that's fine.

[\(00:42:48\)](#):

It is like, no, there's something there. I wonder what it is. And often now I can find it and I go, oh, it's just this piece. And then I do something and that piece goes away. So for me, it's, I'm a professional repressor also. I just do it in a different, I'm more refined because I've always had emotions. But there's certain ones that I was really good at repressing. And it took a long time to realize it's okay to feel anger. You just need to learn how to process it and get to the solution and what's behind the anger. But like I said, I can remember that decision as a kid. I know exactly where I was, and I said it to myself, and there it is.

Warwick Schiller [\(00:43:45\)](#):

They talk about big T trauma and little T trauma, and you can give yourself little T trauma. And I've never had Big T trauma.

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

I've only had little T traumas. But what you find out is how powerful some of the little t traumas are. And they can be at the time, what's a regular part of any child's life? Just the way you talk to them, the way you treat them or whatever. But even down to the point where you can say something to yourself. So if someone was sitting in the room when that happened, no one would've seen anything. Karen didn't have a bad childhood or anything, but think about you said that thing to yourself then. And here it is 20 years later or something or other, and you've got to undo that thing that has stuck, kind of changed who you are. That's a fascinating thing about it. That's what I'm so fascinated about these days is, oh, it's not the big bad stuff. It's the little things that, okay, fair enough, bad stuff happens. But in the homes, in the homes where this almost comes down to the five love languages in homes where parents have kids, and it's a totally loving home. If people could understand the tiny things that you say or how you respond or whatever, that plants the seed of this stuff that comes out 20, 30 years later.

Karen Rohlf [\(00:45:30\)](#):

And I think it's really important that you bring that up, because I also don't think I've had any big T trauma, but it doesn't matter because the brain doesn't know. We're as afraid of public speaking as we are of a lion. Your brain in your brain. It's the same. And I went through a little period where, especially going to these group things and hearing some of the stories of other people's lives, and I'm thinking, I got no reason. I got no reason. But that is just, that's a really bad message to myself to hear it. And I can

be grateful, but sometimes I'd be like, what's wrong with you, Karen? You didn't have, you had a great life. But then those little traumas, that's why my talk was about the small disharmonies are the problem because we stack 'em up. Oh, no, I can, that's not, oh.

[\(00:46:21\)](#):

And then pretty soon we've got, we're like 20 deep of these little traumas, and we don't think, then we think we're being stupid for not enjoying our life. But I think it's really important to learn how to go. There's something, what is it? Clear it. There's something, what is it? Clear it. At least that's my focus these days, is not letting them build in, not build up, not suppressing them, just looking and go, huh, I'm really having a moment here. I wonder what that is. And I'll say to my husband, I'm having an emotional moment. Just give me a second. I'll figure it out or we'll talk about it. But to know that that's not me. So it's not, I am angry. It's like, oh, I'm feeling anger. And that right there is a huge shift. I know it's not me, but I'm experiencing something and I have to figure out what the heck this is I'm experiencing.

[\(00:47:15\)](#):

And just that shift of consciousness, it's not me. It's just something I'm experiencing and something my brain is telling me. And I love this idea. When you're feeling something negative like that, it's because you're telling yourself a lie. It's not the thing that's hurting you. It's the lie. You're telling yourself about it. And if you can figure out the lie, why is that? Why is that making me upset? Well, because I think I'm not good enough. It hurts because it's a lie. It hurts because it's a lie. So that for me really helped. It's like, well, what's the lie I'm telling myself right now, the hurtful thing, and I would never talk to somebody else the way, sometimes I talk to myself, and if I can hear the lie, I'm telling myself, I go, don't talk to me like that. I say to myself, don't you talk to my beautiful soul like that Earth, Karen,

Warwick Schiller [\(00:48:15\)](#):

Earth, Karen. I'm just sitting here listening to you for the last at least half an hour thinking, what the hell are you doing? Training horses? You rock this. I could listen to you talk about this stuff all day long. We could do a stutz on you.

Karen Rohlf [\(00:48:38\)](#):

It is. I mean, that's why I was so happy to get on. And I love where you're going with this podcast, because this is the most important stuff and the talk that I did for your summit, I mean, I already have half of it written out into a book. I think this is what I want to bring to the world. And the horse stuff just informs it. But it's so much bigger than, and it's what I do in all my, I mean, that's why it's empowered teaching methods. It's not just the techniques, the This is how I teach. I teach students how to empower themselves to actually do the exercise. And then my techniques, I ask them lots of questions. I want to hear the tone of their voice. And my goal is that they don't need me. So at the end of my clinics, I'm usually riding and going, see, you don't need me.

[\(00:49:31\)](#):

They're all going around asking questions and saying yes, and telling the horse. I'm like, see, you don't need me. So this is where it's all connected. You have to know yourself and see what you're doing. And that's way I joke about in the summit talk. It's like, I'll ask people, is your horse matching your picture? They're like, yeah, what do you mean? Yeah, don't go through life going, yeah, I'm pretty good. What's going to make it? Yes, what's going to make it a maze Balls, and let's go for that. And so that's what I mean by those small disharmonies. If I come in, I'm like, how's your day, eh? I don't want to have any stale Cheetos days anymore work. I want to have no flat soda and stale Cheetos. I want it to be even a day where you don't do anything can be amazing. You just feel good in your skin. That's what I want to

do. I'm not good at it all the time, but I know when I'm not good at it. So I'm definitely not perfect at this. I know it because I need it, but that's my commitment to myself is

(00:50:42):

Something like that.

Warwick Schiller (00:50:42):

I'm learning. I'm learning a lot here, and I'm also learning a lot about, you are one of those people that after meeting you at the summit and being around your energy, it's like you have what I call Jonathan Field Energy. Do you know Jonathan Field?

Karen Rohlf (00:51:04):

I love Jonathan. Yeah, I know him.

Warwick Schiller (00:51:07):

You have what I call Jonathan Field Energy. He's like my benchmark. You know what I mean? Jonathan Fields, that's how I want to show up in the world.

Karen Rohlf (00:51:25):

Yeah. You know

Warwick Schiller (00:51:26):

What I mean? He's just so open and, yeah. Anyway, I get it. Sorry, you got a similar, not similar, but similar. Oh, I'll take

Karen Rohlf (00:51:39):

That as a

Warwick Schiller (00:51:39):

Compliment and Oh, yes. It's like, you've got this great energy that I couldn't put my finger on and just listen to you here. I'm like, oh, I don't even have to put my finger on it. I know where that great energy comes from now. I mean, the stuff you're telling me is like, oh, this is for me way next level stuff. You were talking about how you teach this stuff with your people when you're teaching. I talk about it a lot and kind of relate it to what we are doing. But I don't have it on the level you have it. You

Karen Rohlf (00:52:17):

It's the way. It's the way, yeah. You teach. Yeah. Yeah. So yeah. Well, it just, here's the thing. I think everybody's got, this is my belief. Everybody's got whatever it is you're feeling from Jonathan. And I'm like, I'm happy if you're feeling it from me. But it's not something to create. It's not something to figure out. It takes no effort. All the effort is the, it's just release. We're all that way. We're all that way. There's nothing to do. All the work is in the taking off the layers. So the next, I know you're going to ask this in a second, what did I do after the to tech stuff? Then I was like, okay, I really need some action now. It's enough talking. So the next thing I did was Tony Robbins. And then as I do, I did his more intense program first. So most people do the Unleash, the power within, and then they do Date with Destiny. Well, I did Date With Destiny first, so that was intense.

Warwick Schiller ([00:53:26](#)):

Did they have a warning? Do not purchase this ticket if you've not done the, did they say anything about

Karen Rohlf ([00:53:30](#)):

That? No. They're like, we'll, take your money. So I did that, and it was amazing. You didn't need anything else first, but it was amazing. But he's so physical and get it in your body, and there's such male energy, and I'm like, make your move, rah. It's so not me. But I thought this'll be good, because overshooting the target. He's way beyond how I want to move the world. So I'm like, rah. But he has so many, he's into changing your state, right? So he'll put you in, I did a meditation in that room where I left my body and floated around the room. I couldn't move. I mean, I couldn't move my physical body. It was amazing. And then the next moment, you're jumping up and down, making your move screaming at the top of your lungs in a Mickey Mouse voice, telling their most painful story of the worst thing that ever happened in your life while jumping up and down, and your Mickey Mouse voice as loud as you can. So it was like,

Warwick Schiller ([00:54:34](#)):

Awesome. I just had a mental picture of me doing that. And I'm like, oh, I bet that's cathartic to do.

Karen Rohlf ([00:54:40](#)):

Oh my God, it's so cathartic. And then I remember then later I was like, Dana, you got to come do this. So we did unleash the power within where you walk across the coals and everything. But I remember 3000 people in the room, and the first thing he says is, who here feels not good enough? And everybody raises their hand, everybody. And so it's like, oh, it's not just me. And then again, cementing the fact that there's nothing wrong with me. This is what humans do to ourselves. It's not true. It's not true. And so I really love the Tony Robbins stuff because of the physical, the action. There's things you can do. And I still use them. I mean, I'll still jump around and me, Mickey Mouse, I don't care. And you're horsey had a really bad ride, and you're such a mean person. It's like,

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

Okay,

Karen Rohlf ([00:55:37](#)):

Just take whatever it is, jump up and down and talk like Mickey Mouse at the top of your voice while lodging your complaint with the world just changes your state. And I would watch him bring people, he's be depressed. Stand you're depressed. Sit you're depressed. And then pretty soon they'd be depressed and crying. It's like, okay, now be happy. And they're like, I'm depressed. And in two seconds, they're ecstatic. And they're like, okay, now be depressed again. Okay, now be happy. And he's just like, you can choose. And the example he used that was really interesting, he's like, you all know it. You're in the middle of a fight with your spouse and you're like, rah, rah, rah. And then somebody calls you and you're like, hello? He's like, you can change your state. Everybody does it. And then you put phone down, you're like, he's like, you're choosing. You're choosing. So that's a hard lesson to, especially when your partner knows it. And Dan will be like, you can change your state. I'm like, don't use that stuff on me. I'm like, oh, no, Arnie's. Right? So anyway, I love the Tony Robbins stuff just for that, the physicality and over the top warrior stuff and those skills.

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

I did you

Karen Rohlf ([00:57:01](#)):

Oh, yeah. Looking the

Warwick Schiller ([00:57:02](#)):

Coals.

Karen Rohlf ([00:57:03](#)):

Yeah. Yeah. I have a kind of interesting story about that. He builds up all day. You're getting in state, and then you go across the coals and it's crazy. You're walking across fire. And then at the end, they have you quick wipe off your feet because as soon as you're passed, you change your state. And then if there's any coal stuck on you, that's when you'll get burned. And there was one little coal that had gotten stuck on me, but it was like, oh, it's nothing. And so then I found Dana, and then we get in the car and everybody goes home after that. So we're in the car together. He had done it. We're just, we're just lit up and everything felt fine. And then there was a traffic jam getting out of the parking lot, and I felt myself get a little cranky. I was like, oh, come on. Just go. Some guy was not going fill in the space. And as soon as I felt that way, my toe started burning. And I was like, oh, that's interesting. It was not burning before I got cranky.

Warwick Schiller ([00:58:11](#)):

And it started, you were in that state?

Karen Rohlf ([00:58:14](#)):

Yeah. It's like, my body's like, you want to get pain? Alright, we'll give you emotional pain. We'll give you physical pain. So I was like, oh, shit. So then I was like, Dana, help me change it. So I got back into the state and it went away, and it was totally under my control. I was like, oh, that it was cool enough walking across the coals. But that moment afterwards, I was like, wow, I turned on pain because of my attitude. That was an interesting lesson to learn. I'm sure there's some neurobiological reasons.

Warwick Schiller ([00:58:52](#)):

That story right there is why we have the ION podcast. Yeah, that's the thing right there. That's the whole thing.

Karen Rohlf ([00:59:02](#)):

And I think there is a science to that, that if you're enjoying something at the time, I'll come in from the barn and later Dana will be like, what's that bruise on your arm? I'm like, what? Bruise? And there'll be like a huge bruise on my arm or my leg or something. I'm like, I don't know. I was having fun when I did it. When you did it. I don't even remember. And so I think there's definitely somebody I'm sure can explain why that's happening, but it was unmistakable.

Warwick Schiller ([00:59:36](#)):

What is the state? What does the state that Tony Robbins gets you in before you walk across the hot coals?

Karen Rohlf ([00:59:46](#)):

Just personal power. And I'm already there. I'm already across the coals. It's not o ouch. Ouch, ouch. It's like energetically, I'm already on the other side. And they have people at the beginning of each one, and they ask you a couple questions and they can tell by how you answer. Are you ready? Yes. Yeah. Yes. Are you ready? Yes. You're not going, are you ready? Yes. You can go,

Warwick Schiller ([01:00:17](#)):

Right?

Karen Rohlf ([01:00:17](#)):

Yeah. And then you go across going, cool moss. Cool moss. Cool moss.

Warwick Schiller ([01:00:22](#)):

Yeah. I have heard being told about the cool moss before. Yeah.

Karen Rohlf ([01:00:25](#)):

Yeah. For me, it was like, I'm already on the other side. I'm already there. So just bring your body to where your energy already is, was what it felt like for me.

Warwick Schiller ([01:00:37](#)):

Doubt. Bring your body to where energy already is. Lack.

([01:00:44](#)):

When you were talking about the other side and you picked yourself on the other side, I was just thinking about not picturing the cults sort of thing, but when you said bringing your body to where your energy already is, that just gave me a whole different look at that. Before the world equestrian games in 2018, Jane Pike had been helping both Robin and I. And the thing that Jane had Robin focusing on was the feeling of what you're going to feel like after you compete and you're successful. That was the feeling Robin had to focus on.

Karen Rohlf ([01:01:24](#)):

Nice.

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

And so yeah, it sounds something similar to that. Yeah.

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

Yeah. Yeah.

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

Okay. Tony Robbins, we've done that. What's

Karen Rohlf ([01:01:35](#)):

Next? Okay. I could cruise for a while on Tony Robbins that lasted me. It's still lasting me. So that, yeah, kind of cruise on that. And then just reading this and that. Oh, next one. Michael Singer highly

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

Recommends John Soul.

Karen Rohlf ([01:01:57](#)):

He happens to live like 40 minutes from me, so twice a week you can go a layer every day of the week in his temple of the universe. And he holds you meditate and chant, and then he talks. He gives talks. I was just there last Thursday. Really? Yeah. Lucky me.

Warwick Schiller ([01:02:17](#)):

You were there last Thursday.

Karen Rohlf ([01:02:19](#)):

Yeah. You can go as many days a week as you want

Warwick Schiller ([01:02:22](#)):

With Michael s singer last Thursday.

Karen Rohlf ([01:02:25](#)):

Yeah, that's where he lives. Yeah.

Warwick Schiller ([01:02:27](#)):

Okay. Okay. It's all being revealed to me. You want to

Karen Rohlf ([01:02:29](#)):

Come hang out with me? Work? We can go up

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

There. I think so. I

Karen Rohlf ([01:02:33](#)):

Think so. Another reason to visit me, right? And what I love, and it's this again, he has the who's in there. You're in there and you can choose what you're focusing on. So it's all starting to dovetail, but his main message is similar. We're all light. We're on a planet, billions of years old. The size of the earth is like you can fit a million Earths in the size of the sun. You're a tiny speck. Nothing has anything to do with you, nothing has meaning, nothing has purpose. Just be surrender to the moment that's unfolding in front of you. And from that place, when you can surrender, now you can decide what your next step is. So surrender doesn't mean be a doormat and let everything happen to you. It just means surrender to the fact that this is happening and it's not happening because of you. It's just stuff is happening. Accept it, and from there, make your decision. And that all pain and suffering is wishing it was. Other than that.

[\(01:03:45\)](#):

So his books are really, really good. And he's wonderful to talk to. He's got some courses and you can find videos and stuff on him. But I find that I love the simple message, and now he can talk about that very simple message in depth, but the message is still simple. And I really like that. There's nothing to do. It's just stop doing all the stuff that's getting in your way. Stop needing things and wanting things to be a certain way. They're just how they are. But you still can take actions and do what you want in your life. You're not a victim. It's just things are what they are and they have nothing to do with you. So that's fun. And then most recently, the ayahuasca ceremony, which I know we have

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

A

Karen Rohlf [\(01:04:36\)](#):

Common experience.

Warwick Schiller [\(01:04:39\)](#):

So I went to an ayahuasca ceremony at a place in Florida in 2019, must've been, I think. And you joined their church. So it's a religious sacrament. That's how it's legal. And I went there and then, I dunno if you heard me talk about it on the podcast or when we did the podcast together, I told you about it, one or the other. But you ended up going to the same place

Karen Rohlf [\(01:05:07\)](#):

Afterwards? Yeah, I did. A very good friend of mine had done an ayahuasca ceremony, and he had told me about it, and then his girlfriend had done it, and they were both just, when he told me about it, I was like, okay, I really trust him. And he was just raving. And I'm like, well, maybe someday. And then I talked to you and you were telling me about it. I'm like, oh, okay. Maybe I'll investigate this a little bit more. So yeah, so you were definitely integral. I was like, okay, two people that I think I can trust are pointing me in this direction. So I did, it turns out one of really great place to do it that had a good reputation was just very close to where I live. So that made it easier for sure.

Warwick Schiller [\(01:05:56\)](#):

Yeah, it wouldn't be very far. It'd be a couple of hours. Is it?

Karen Rohlf [\(01:05:59\)](#):

Yeah, hour and a half, something like that.

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

Yeah. Yeah. And did you do when we did three ceremonies, one Friday night, one Saturday lunchtime, one Saturday night, did you do three ceremonies?

Karen Rohlf [\(01:06:12\)](#):

Oh yeah. If you're there, might as well do it. All right.

Warwick Schiller [\(01:06:17\)](#):

Well, I think the lunchtime one was kind of optional.

Karen Rohlf ([01:06:20](#)):

Yeah, it was.

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

And you had not done any ayahuasca before?

Karen Rohlf ([01:06:28](#)):

No.

Warwick Schiller ([01:06:28](#)):

So you had no idea what this was all about,

Karen Rohlf ([01:06:32](#)):

Right? Yeah, I hadn't done anything like that. So it was quite a process of me getting ready to decide to do it. There was a long time where I kind of figured I was going to do it, but I had to investigate it. I wanted to make sure it was safe and that I was with a place that I could trust. And I wanted to understand. I like how the body functions. I don't like to mess with it. I really want to make sure that I couldn't damage myself. But the more I read and looked up, I couldn't find anything negative said about it from anybody, from scientists, from research. People from the experiences are hard, some of the experiences, but it wasn't, the thing about the safety of it started to relax. I'm like, oh, this actually seems pretty safe. And then the next layer was the judge.

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

I realized I had a whole bunch of judgments about it. I think I was a product of the war on drugs and all the refer madness. And so I had a lot of that to overcome. So I said it out loud to Dana and stuff that I was going to do it for a long time. I had to try it on for size. Let's pretend I'm going to do it and see how I feel about that. And it just came to a point where I'm like, oh gosh, what am I doing? There's no reason not to. I couldn't find a reason not to. And then I was really excited. Yeah, it was a big unknown and a journey within, I felt like my hope was, I was saying before we're all energy and we just put ourselves in the way of it. And I felt like this could bypass all the layers on the outside and it could go so deep inside that I could connect more to this original state that I believe we are all a part of. And I wanted to experience that, not just experience fewer layers on me. That was my, I was like, I want to experience what it's like to feel some of the stuff that I know I'm capable of experiencing, and it did not disappoint.

([01:09:15](#)):

Yeah. So what else do you want to know about

Warwick Schiller ([01:09:19](#)):

That? How was your first, because see, for me, the first ceremony, the first night, not much happened at all. And they said, you don't get the experience you want. You get the experience you need, mother, I gives you that. And not much happened that first night. And looking back, I think if I'd had the third night, the first night, I wouldn't have been able to face the lunchtime one the next day. I think it might've been. So I think, and I'd never thought of it that way until I just said it right then. Yeah, you get

the journey you need. And I didn't get much of a journey that first night. I think it was it telling you it's safe, you can let go and be into it. Yeah.

Karen Rohlf ([01:10:12](#)):

My first one was, I could have been done after the first one. I'm like, that was awesome. But it was hard. It was not easy. This is not a recreational escape. It's deep

Warwick Schiller ([01:10:27](#)):

Stuff. Fun.

Karen Rohlf ([01:10:29](#)):

You got to be ready to see the dark spots. So I mean, the hardest thing for me was, I mean, I was there, I wanted to do it. I'm like, I'm ready. I'm letting go. And what I learned on that one was just how many protective layers I had, even when I thought I was letting go. So it just held me in this really uncomfortable space where I wasn't really experiencing it, but I wasn't just sitting there comfortably either. And I had made a commitment to myself to play full out. So at some point you did the first dose and then they're like, anybody want more? So I was like, sure, because nothing's happening. And I was like, I need help. So I raised my hand and that's when they came over and I did Therapie, the tobacco where they blow the back of your head off.

Warwick Schiller ([01:11:24](#)):

Oh my God, that's the worst

Karen Rohlf ([01:11:25](#)):

Thing. But it was horrible. And I was like, blah. And then they're like, okay, next nostril. I'm like, okay. And I just leaned in. But I needed that because after that then I let go. But I have a whole page in my journal. It was just showing me and all the different Karens that put up the protective layers, I go, here's the Karen that tells the story before it's done. Here's the Karen that does this. Here's the Karen that does that. Here's the Karen. Every time when you're in the moment and you come out of the moment, I had a list of all the ways that I do that. It was so helpful. I have a whole journal page. And so I was like, there's the Karen that does that. There's the Karen that does that. So it was not fun. But my intention for that first one was show me my divine self.

([01:12:20](#)):

I was like, just show me my divine. And so it's exactly what it did. And so I'm sitting there with this divine being, and she's the one she's like, and there's the Karen, the Daz that, oh, there's the Karen, the Daz, that. Then I remember looking at her and I'm like, you're me, aren't you? And she's like, yeah, no, you're me. So I was like, oh, that's my divine self. That was pretty freaking cool. I don't talk like that. I don't talk about God and divine, but I'm like, there she was. I'm like, oh my God, I am divine. And I thought it was going to be much more like watching a movie. Oh, here's some things you can see now. But it wasn't, it was happening. It was happening. I was really surprised. It's happening.

Warwick Schiller ([01:13:16](#)):

It's more real than this. Real.

Karen Rohlf ([01:13:18](#)):

Yes,

Warwick Schiller ([01:13:20](#)):

It, it's more real than this one. There's more dimensions to it.

Karen Rohlf ([01:13:27](#)):

And I realize how it might sound to somebody who hasn't experienced that, but it's like, no, it's real. I merged with God by the end of the weekend, and that's not a phrase I ever thought I would hear myself say. So the first one was really about that. So I felt like I really got so much out of it. I mean, I was like, gosh, that's really helpful. I've got journal pages of all the different ways, and then I could identify. So I was kind of giggling. I was like, oh, there's me doing that again. We gently asked all of those Karens to go away, and that was the main thing. So there wasn't a lot of weird, trippy stuff. It was mostly just, let's get those guys to all go away. And then there was some floating around in colors and stuff that felt like a reward. It felt like, okay, here you go. You can have this piece. Now we got rid of those ones. So I felt like that already was like, oh my God, that was amazing. And I was just thrilled. And then I did the next one, then I did the outdoor one.

Warwick Schiller ([01:14:34](#)):

The one at lunchtime.

Karen Rohlf ([01:14:35](#)):

The one at lunch? Yeah, the one, it was the next, yeah, morning lunch. I don't know when it was. Yeah, Saturday morning.

Warwick Schiller ([01:14:43](#)):

Did you do yoga first?

Karen Rohlf ([01:14:45](#)):

I did. Yeah.

Warwick Schiller ([01:14:47](#)):

So you did the yogurt at the end and then you did the ceremony?

Karen Rohlf ([01:14:51](#)):

Yeah. And it was just a beautiful day. And that one was, my intention for that one was, alright, now show me what I've been missing. If I haven't been aware of my divine self, show me what I've been missing. And so that one was, it was much more enjoyable. There were a lot more colors and floating and fun things to go in. But it was interesting because that one, I feel like I experienced the feeling of all is one, a deep, deep love for every being on the planet, including humans. And it was weird because I was experiencing this like, oh my gosh, we are all one. This is what it, we are all one. This is the feeling. Oh my gosh. I get to feel it. But then I'm hearing other people's experiences and some of them are screaming and crying and it ain't pretty. They're suffering.

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

There's some wild wolf housing going on. I tell you

Karen Rohlf ([01:16:01](#)):

There's suffering. But it was really interesting because I could hear that and I was smiling. I felt myself just feeling love. I was like, they're on their journey.

Warwick Schiller ([01:16:13](#)):

That's

Karen Rohlf ([01:16:14](#)):

What you need to do. So it was just a really cool feeling in the face of the suffering of my brothers and sisters. I could feel the love. And it sounds so coined. This feels like when you tell someone your dream, it's like it's only interesting to the person who dreamt it. But that was just the experience. It was like, wow, I'm actually feeling the stuff that I've heard talked about so much, or I get a teaspoon of it here and there. But to

Warwick Schiller ([01:16:47](#)):

Just get a sense of it,

Karen Rohlf ([01:16:49](#)):

To just get lost in it. It was like, that was cool.

Warwick Schiller ([01:16:56](#)):

So that was the daytime one. And then how was your third one? It sounds like you've had a big time so far.

Karen Rohlf ([01:17:05](#)):

Yeah, I did. And I was like, oh, I'm good. So it was interesting. I was pretty tired. I was pretty rung out. I was hungry. You know what it feels like. And so I went into that one going, I've gotten a great experience. I'm not going to overdo it. It's okay if I just have a real mellow one. So they ask you how much you want, and so you tell 'em. And I remember sitting there or laying there and well, nothing's really happening. It just feels, but I'm like, this is nice. It's not too bad. I'll just have a nice, even if I sleep, it'll just be a really beautiful sleep. I've done enough. Okay.

([01:17:49](#)):

And then I remember thinking the gong came for my second dose and I was like, I'm here. And I promised myself that I was going to play full out. So I'm like, what? I'll just stand up and get another dose. And I went to stand up and it was like, I'll use the verbiage that you'll understand. Mother Aya pulled me down. She's like, I just wanted to know if you were ready to play. So I never got the second dose. She just pulled me down and here we go. So that was interesting. So that one was

Warwick Schiller ([01:18:27](#)):

When you surrendered, when you surrendered, when said,

Karen Rohlf ([01:18:30](#)):

I said, I'm willing to play. I was sitting there going, it's okay. It's enough. And she's like, well, I'm not going to give you anything. Then as soon as I said, I'm willing to go for more, she's like, you don't need any more medicine. I got you. But it was really hard because I mean, part of the process is the purging. And I had a hard time with that. This one, it was still deep stuff, and it was really, really uncomfortable. And she kept saying, how long are you going to sit with this pain? How long are you going to? And I was like, it's not too bad. It's okay if I don't purge. I really don't want to purge. How long are you going to sit with this pain? I'm like, oh, there's a theme in my life. So I needed a lot of help. I had to raise my hand a bunch of times and I was like, you guys got to help me do this. But when I finally let go on that other level, it was unbelievable where I went and what I experienced. And it was some deep, deep, deep healing that I didn't even know needed to be healed. I was hanging out with my unborn self in the womb with my divine self. There were three of us all together. So it was, I'm like, wow, that's kind of unexpected and interesting. Talk about healing deep wounds.

Warwick Schiller ([01:19:59](#)):

Yeah. Especially the ones you didn't know were there. You said earlier on, I think about the time you started talking about day two or something, you said, this is fun. You get into some deep stuff. And the way I've explained it to people is it's like you crack yourself down the middle and peer yourself open and stare at all the things, all the self-loathing that you have and all the stories you tell yourself about yourself and always have. And you don't even have half a clue of how many of them you have. And then when you see them, they're like, there's so many of them. And they are, yeah, it's not fun. After my I weekend, I said to Robin, that's the worst thing I've ever done and the best thing I've ever done. I

Karen Rohlf ([01:20:44](#)):

Said exactly

Warwick Schiller ([01:20:45](#)):

That to go through,

Karen Rohlf ([01:20:47](#)):

Really. I used that exact line. And there were people I remember after the first ceremony were kind of sitting outside in the sun. Everybody's just kind of sitting there processing. And I met several people who they were in a really hard place. I mean, it was the hardest thing. They're in a really dark, dark, dark place. But they kept going. And then I saw them again after the third one, and they were in the best. They were just glowing and the best place that they

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

Is. A lot of people glowing, light shining out of their heads basically.

Karen Rohlf ([01:21:28](#)):

And they kept going because there were a couple people that I met that this one girl that was next to me in the first ceremony, and she had a really hard time. The first one, she was in a really dark place, and then she did not keep going. And I felt it's like she just left herself there. And so this process of going all the way through, I mean, there's so many people that were like, it went really dark. And then you go through the process and you come out the other side. And I just was feeling, it was sad to see some

people just get to the dark place and then they stop themselves and going through, going through, going through.

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

Yeah, if you get through the dark place, if you get through the dark place, you've done all the hard work there.

Karen Rohlf ([01:22:22](#)):

Yeah, the rest. But it was so beyond what I expected, and I had done a lot of looking into it. And again, it wasn't a movie in front of me. It was actually happening and the place did a really good job. I felt safe, I felt supported. And it's something that last a long time, I thought I'd never do it again, but now I'm like, maybe I'll do it again.

Warwick Schiller ([01:22:51](#)):

At the time, I said, because there were a number of people there when I went who had been there before and after that weekend, I'm like, I'll not be a repeat offender. Yeah,

Karen Rohlf ([01:23:03](#)):

That's what I thought

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

Too. See, you wouldn't want to be here. I mean, I didn't leave with a bad taste of anything. It was just like, whoa. It felt enough. I don't have the balls to do that a second time. If I'd have known it was like that in the first time, I might not have, even if I had an inkling of what it was like, I might not have even done it because it's a total giving up a control.

Karen Rohlf ([01:23:26](#)):

It's very personal.

Warwick Schiller ([01:23:29](#)):

Now I'm kind of like, yeah, I could do that again.

Karen Rohlf ([01:23:33](#)):

Yeah. I just remember one part where there was a peeling back of the scene and I could just see this little corner and it was like the vastness of space, and it was like, no, that's all you get. So there's a little bit of teasing and I'm like, well, maybe I want to see that part next.

([01:23:57](#)):

I wonder what that was. It was definitely a little like, I'm just going to show you a little peek of this and then that's all you get for this time. It's enough. But yeah, I mean, I love the cleansing. It felt very useful. It felt informative. I mean, I left with information about myself that I didn't have before and an experience of feelings that I wanted or it's not even feelings, it's beyond that. It's like a state. I experienced a state that now I know. I thought I knew what I was heading for. Now I have much more sense

Warwick Schiller ([01:24:37](#)):

And a bit like that. I'm not,

Karen Rohlf ([01:24:39](#)):

Go ahead.

Warwick Schiller ([01:24:41](#)):

I was going to say a bit like that stayed at the podcast summit. It's like that's possible to, yeah. Sorry, go ahead.

Karen Rohlf ([01:24:48](#)):

Yeah, no, I was saying the other thing that notable shift is I came away feeling like I'm not afraid to die. I'm really not

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

That part of the whole

Karen Rohlf ([01:25:02](#)):

Thing stuck, but oh, I'm not afraid of being dead. And nothing about my experience had anything to do with, I never thought, oh, I just died an ego death. I'm sure I did a little bit, but I was like, wow, it's an interesting, it wasn't part of the story of my experience, but I was like, I had this sense of, yeah, I'm not afraid of that anymore, which is kind of

Warwick Schiller ([01:25:29](#)):

Cool. And was that because you experienced that place? Whatever it is that's not here. And it was more real than here. And it's like, oh, so if we're not here, we are there. And and it was pretty cool.

Karen Rohlf ([01:25:47](#)):

I mean, I had a moment of just the, I found myself, I was just like arching and I had the beam of white light pulling my chest and I was lifted up just like they show in the movies when people have near death experiences. I was like, oh, oh, I'm being pulled up by a white light by my chest. Look at me. Go,

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

You.

Karen Rohlf ([01:26:13](#)):

Yeah. I'm like, well, if this is dying, then that's okay. Not ready to do it yet. But it was an interesting feeling to walk away with that I wasn't expecting.

Warwick Schiller ([01:26:28](#)):

Have you ever read D M T The Spirit Molecule?

Karen Rohlf ([01:26:33](#)):

No.

Warwick Schiller ([01:26:35](#)):

It's a book, a scientist who got permission to do write it down D M T studies on people. And they were talking about the value of it for people in hospice and stuff, because you get to lose your fear of death because you get to experience that other place. And then when you come back, you're like, oh, well, I'm not that attached to this place anymore. I'm not as attached to this as I was. And you could see how that would make a huge difference if someone who's got, they've got three months to live or something that could be three months of agonizing mental gymnastics. It's different being in a plane that crashes into a mountain than it is being in a plane that the pilot says, okay, we've lost your steering and in 10 minutes we're going to crash into a mountain

Karen Rohlf ([01:27:36](#)):

Surrendering to the moment that's unfolding in front of you. Can you do it? Yeah.

Warwick Schiller ([01:27:47](#)):

If we weren't podcasting right then we would've just sat there and breathed for quite a while, wouldn't we?

Karen Rohlf ([01:27:52](#)):

Right.

Warwick Schiller ([01:27:54](#)):

You almost started to do it. You had that. You had that. We're just going to sit here and bask in that for a minute.

Karen Rohlf ([01:28:02](#)):

What do you talk about after that?

Warwick Schiller ([01:28:05](#)):

And then when I went to speak, I thought, I shouldn't be talking right now, but it's a podcast. They can't see us, so there's just going to be silence. So I better say something. But as soon as I started speaking, I'm like, no, actually, I better talk about the fact that was not the place to start talking. And I could feel it and you could feel it to where let's just sit for a while and marinate in that. But we can't because it's podcast that we're going to keep talking.

Karen Rohlf ([01:28:37](#)):

Actually, I did a podcast. I did a podcast work where I had, I think I did one minute of silence. And if you look up, there's a guy who wrote a musical piece and it's called 4 21, and that's how long the piece is. And what it was was he goes on stage, sits down at the piano, and sits there silently for four minutes and 21 seconds and that's it. So there's a lot of stuff in there. It's the sounds of the room, it's the everything. But then it's also for me, what I made my podcast episode about is what's going on in your mind as you sit there? What are your expectations? Are you sitting there going, wow, I can hear all the sounds of the room that I never would've noticed. Or you're going like, what the hell is this guy doing? He's an idiot. Why did I pay for this? So you'll have to look that up. 4 21, I'm pretty sure. 4 21. Yeah,

name of the piece, or just like Music composer, 4 21 or something. You'll find stuff about it. I forget which episode of my podcast it was, but I did that. I went silent. It was so hard just to go silent for one minute.

Warwick Schiller ([01:29:51](#)):

Yeah, I bet. But see, I mean, did you tell 'em you were going to do it?

Karen Rohlf ([01:29:55](#)):

No, I just stopped mid-sentence.

Warwick Schiller ([01:29:58](#)):

Really? Oh.

Karen Rohlf ([01:30:00](#)):

And

Warwick Schiller ([01:30:00](#)):

Then I thought mind would come back. I'm like, oh. But I would go where my mind would go to, which is, it's not working. There's something wrong with it. Press the button and then they won't come back to the podcast.

Karen Rohlf ([01:30:11](#)):

So that's what I did. And I was like, well, I might lose some people. So when it comes back, I'm like, so how many of you plugged and unplugged your thing or check your batteries or whatever? How many of you sat there with curiosity? How many of you left? There's some of you who aren't hearing this, and how quick do you give up? So I just made a whole teaching point about

Warwick Schiller ([01:30:31](#)):

It. Did you get any emails saying There's a big gap in episode, whatever?

Karen Rohlf ([01:30:37](#)):

I think I did. And I was like, I'm going to get some of those emails because those are the ones who didn't keep listening.

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

It's almost like there was a story I read years ago, I think it's when I was in high school about it, a teacher in America who, a college professor I think, who had this, we're going to have this big test on Friday, whatever, and put all these papers on people's tables, and there's a lot of instructions to it. And after a while, some of the people start getting up and leaving and the other students think, oh, it's too hard for them and they can't do it. But in the second page of instructions in the small print, it said, if you read this, this is just a test and on how many people read instructions. And if you read this part, you can put your paper down and leave the room. And most people did this whole bloody huge big test they didn't have to do because they didn't read the instructions.

Karen Rohlf ([01:31:38](#)):

That's hilarious.

Warwick Schiller ([01:31:40](#)):

I'm an instruction reader. Robin is not an instruction reader. I read the instructions and locate all the parts and place them where I can see them kind of like these in the diagram and the thing. And then I start to put things together.

Karen Rohlf ([01:31:55](#)):

You're good. I'm not big on preparation. Dana's really good at

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

Preparation. I think it's like horses, the less experience you have, the more preparation you need. And I'm not very mechanically minded. So if I've got to put something together, my mind just doesn't go, oh yes, I see how that works. I have to read the instructions. So it depends on your level of expertise as to how many instructions you have to actually pay attention to and think about with horses, what do I do when my horse does this? Well, that depends on a lot of things. The answer could be 5 million answers depending on if you want to fix this. You might have to start at the beginning or you might be handy enough to just morph that into something else. Depends. Yeah.

Karen Rohlf ([01:32:50](#)):

And that's why it's fun to teach people the thought process instead of just giving them the answer. It's like to teach the thought process. It's like, well, it depends. And then here's the questions I'm going to ask you that'll help me figure out the answer. And then I want them to notice what questions did I just ask you? And how are we going to figure that out? So I think The's so helpful is I don't have to know all the answers. I just have to have a thought process to try to figure it out. And I like helping people. I have a whole teaching on how to ask a question. And so the joke is that when they send in a question using this, by the end of the email, it's like, oh, I think I just answered my own question.

Warwick Schiller ([01:33:36](#)):

Own question. Yes. If they ask the question well enough, if they ask the question well enough, they will answer their own question. And what you're talking about when you're teaching, I kind of do that too. Two, and I always relate it back to, I started relating it to principles. The reason I did that is because of this principle or this is why I did it. But that falls under this principle, and I've been doing enough for years. I actually came up with some names for some principles and ended up doing a TV show, and that's the book that I had actually at the summit, the principles of training. But you're trying to get to where if they understand the principles enough, they don't need you. They can analyze a situation and come up with the answer to the situation. And that's what I do a lot at clinics is if there are two situations that use the same principle to solve them, but the situations are as far removed from each other as you could possibly be, but you can join the dots between why you did that over there and that over here. I think the more examples of that they see, the more they go, oh, now I'm starting to understand that principle a bit more. And first you just kind of see it as a technique. That's the thing to do. But once you understand why you did it and you start to see all the different variations of it, you see enough of the shades, then you can start to fill in the blank between the shades.

Karen Rohlf ([01:34:58](#)):

Yeah, exactly. And to kind of connect all that back to what we've been talking about, it's having that presence of mind and the ability to stop and take a breath and step back and think on that level, I think is one of the products of personal development. Because when you're frustrated or hyper-focused or impatient because of whatever life and all that, you're not seeing, you're just, you're not able to step back. And I think the more people can be patient, frustration is the biggest thing that'll come up. But why are we frustrated? Why are we frustrated? We're out with a horse. It's great. So to have that presence of mind and be able to think on that other level is a really great byproduct of doing the work, of getting rid of all the stuff that makes one less than their best self

Warwick Schiller ([01:36:04](#)):

Stuff that gets in the way. Well, so that happened. That comes, we went

Karen Rohlf ([01:36:11](#)):

All over

Warwick Schiller ([01:36:13](#)):

A great big circle and really, I talked to Karen A. Little while ago and she had told me that she had done an ayahuasca ceremony at the same place I went to partly because of, I said, I went there and she told me it was an amazing experience, and I kind of had the thought in the back of my mind, oh, I'd love to have Karen tell the experience you had there on the podcast. Because if you can't experience that yourself, but you can hear somebody you have some respect for, talk about that, then it's the fight in that whole war and drugs mentality. That stuff got to be bad, blah, blah, blah, blah. And that's kind of why I wanted you to, the big thing that was going to be my big punchline, that's what I wanted out of you on this podcast. The story was so amazing.

([01:37:02](#)):

But this whole conversation was the summit, the podcast summit to where it started at a level and it just stayed there because we were supposed to eventually get to the level of the ayahuasca experience. And very early on we went to the level of the Ayahuasca experience, the ayahuasca, and stayed there all the way to the Ayahuasca experience. So that was, I'm going to have to listen to this back because I mean, all of it was amazing, but there was some profound moments there where I'm like, oh, this isn't the Sean Cook stuff. This is channeling this. I was just all over

Karen Rohlf ([01:37:34](#)):

This. Another compliment. Now you're comparing me to some really cool people. Well, I have to say work, like I said about the judgment, the process of getting through the judgment of doing ayahuasca. I'm not one of those people that does stuff like that. When you asked me if I would talk about it, there's a part of me that was, I could feel a little hint of what are people going to think about me? But what was nice is it was a very teeny, tiny little voice in the background. And I go, I got this because I could recognize there was a part of me that could feel judged, but it was distant. And I've stopped judging myself enough to see it for what it is and go, no matter what I do, someone's going to judge me one way or the other. I have no control over that, and I'm very sure of myself.

([01:38:32](#)):

And it don't matter what anybody else thinks. And I say that in as compassionate a way as I can. It's not that I don't care, but we all got to just be ourselves. And I know the thought that I put into it. So this was

a little bit of a tiny dare for myself. I'm like, yeah, why can't I talk about it? And if I feel like I can't talk about it, then I'm still judging myself. I'm still worried or I'm still, so I appreciate your courage and vulnerability and giving a form because I think this is an experience that could, I left feeling like every human, every human. I don't like need should. I don't want to use those words, but what if every

Warwick Schiller ([01:39:19](#)):

Human, it would be beneficial? Could not, they need or they should, but it would be beneficial for the world if every person could do that.

Karen Rohlf ([01:39:27](#)):

It feels so personally healing and just to experience all is one, to experience it. I wish that and hope that everybody can feel a taste of what I experienced, but it was not easy getting there. But it's a process and it's personal power and courage and trust and all these, the whole process was valuable for me. And I know other people had really difficult times, but I just to see the results and see what happens if you keep going, if you keep going, but this is why I think it's so important to practice this in the little stuff, in the little don't, and then go do ayahuasca. Yeah, it's like practice the little stuff. If you can't let go of the person driving too slow in front of you, ayahuasca's going to probably really knock you up a little bit. But go through it, let it go. Feel the feelings, let them out, let them go. It's okay. And shed keep shedding your skin and everybody's got their own process and journey. But I am somewhere on my journey. I'm sure not at the end. I'm somewhere past the beginning and I have to just keep going. It's like, what's next? What's next? Take more layers. Take more layers. I get grumpy like the rest of 'em,

([01:41:04](#)):

But I can identify when I am and I'm pretty relentless in trying to figure out how to solve it. Yeah,

Warwick Schiller ([01:41:16](#)):

Yeah, I can tell that. And yeah, had no depth. I had no idea of the depth of knowledge of this stuff that you have. I just felt like I got a college course on stuck that I'm being dancing around for quite a while and quite interested in, but haven't got to the college level of it yet. And I was like, yeah, that was like a masterclass. That was amazing.

Karen Rohlf ([01:41:44](#)):

I feel like I'm in kindergarten still. But yeah, the more layers you take off, the more you're like, well, then there's this.

Warwick Schiller ([01:41:53](#)):

Yeah, most certainly. I mean, I think the further you go, the more you feel you're in kindergarten, because the further you go, the more you realize how much there is. And yeah, you're not getting to the top. You are just getting further along. But I love where you're going with this stuff. This is the stuff that you said something about, this is the stuff that fascinates you talking about it fascinates me because if there's someone listening to this that wasn't aware of this way of looking at the world, it's not that long ago that I looked at the world quite completely differently. And so it's very easy for me to look back at that point in time and go, when I was there, I thought that's what the world was made of. That's how the world worked. That's the way I viewed it. And if I can, by sharing some of this stuff, if we can encourage or help one person start to see the world a bit differently, then they impact the world around them differently. So

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

Yeah, no, I'm glad you said that because thinking of the way I used to be the world when I didn't even know I viewed the world like that until I can feel the difference of, it's like it was all about accomplishment and proving myself and trying to be good or best, and then just to realize I'm already perfect. It's all I'm already there. The rest is just stuff. And so it's always a journey home, right? The journey is home. We're already there, we just don't know we're there. So that's the difference in how I view the world. I don't have to achieve anything. I'm already there. I just don't know I'm there and I got to, yeah, something like that.

Warwick Schiller ([01:43:53](#)):

Something very much like that. I think we should finish up there. I dunno how much more

Karen Rohlf ([01:43:57](#)):

You better stop or we going to both.

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

I'm actually surprised the computer's still working because when the energy gets like that sometimes these things mess

Karen Rohlf ([01:44:07](#)):

Up. My mouse stopped working. I had to plug in my mouse because the cursor, I couldn't move the cursor anymore, so I had to plug it in so,

Warwick Schiller ([01:44:17](#)):

Well, it's

Karen Rohlf ([01:44:18](#)):

Being real. Don't leave the beginning right away. It's because I can't move my cursor. Yeah, it was super fun. Thank you Warwick for Yeah, it's like what a cool new friend. I have to be able to talk about all this stuff. Thank you.

Warwick Schiller ([01:44:33](#)):

Yeah. Well, a lot of our other friends listen to us riff about this stuff. I got to thank you so much for that. That was, let's stay away from judgment, but halfway through that I'm thinking, I think this is one of the coolest conversations I've ever had.

Karen Rohlf ([01:44:49](#)):

You've had a lot of cool conversations. I bet you say that

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

Ago. I have no, you go back and try to find, I probably named the other coolest conversations I've had. You were riffing. That was awesome. You were channeling something. I loved it. Thank you. Okay, thanks so much, Karen. Thanks for joining me, and if you guys at home, thanks for joining us for an amazing episode of the Junior Podcast. We'll catch you on the next one.

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

Karen Rohlf ([01:45:17](#)):

Bye.

Speaker 1 ([01:45:19](#)):

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.