

What I want to talk to you about today involves the most important asset in farming. It's the **one single thing** we have total control over. It will determine how successful in life we are, how content we are & whether or not we can make a go out of farming or fail. It's something that most of us spend very little time trying to understand but ironically has the most effect on our lives. What I want to talk about today – is the power of our own minds. I don't have very long with you today but I believe I have long enough to spark your curiosity. All I need is for you to have an open mind – is that ok? Yes?

So what do I mean by the power of our minds? I don't mean bending fucking spoons!

So The Power of the Mind – what the hell does that mean?

Ok let's break it down a bit....what do you want out of life? Yell it out? Money? Family? A massive farm with 10,000 head?

Let's take Money – how much do you want? Write it down. For many of us that is quite a difficult question.... just a shitload would be good. The trouble with that is that it's not clear.

Let me ask you this (any pilots here?). What's the most important part of flying? Yep – the landing....you can't ever fuck that up can you. Let me ask you this – if I take off in my plane & I don't know where I am going.....how the hell do I know when I have arrived? As pilots we know our destination, every 15 minutes we plot our course & we make adjustments to reach our destination.....why? because the wind has blown us off course....the wind is never exactly what it was forecast to be. Don't get me started on forecasts!

So back to Money – if we don't know how much we want....how the hell are we ever going to get there? So write it down. Next question is why? Why do you want that money? We all want new utes, tools, holidays, ski boats, planes, clothes, shoes etc.....and it's important to want these things – they are goals. I haven't got time today to go right into goal setting but I will say these few important things....very few people set goals. Usually the most successful people in life are the only ones that do. Think of the flying analogy – if you haven't set a goal.....then you can be pretty sure you won't reach it. So it's crucial to learn how to set Goals – SMART GOALS Specific, Measurable, Achievable, Realistic, Timebound .....write it down, I'll say it again.

So we want money – we want a certain amount – so that we can buy this big list of goals. I want to drill down one step further with you. Take the new ute – why do you want it? There are many reasons but isn't it really about a feeling? Isn't it the feeling you get when you first drive it – the sound, the new car smell. Isn't that a little bit shit if you don't have someone to share it with? How does it feel to drive a brand new V8 Cruiser, holding it flat to the floor with Acca Dacca cranked right up. Tell me what the feeling is you would have? So if we drill right down we discover that it is really feelings that we are chasing. For the girls – new shoes, lots of shopping for new clothes, a holiday in Byron Bay....aren't you also really chasing a feeling with those things? Yes or No?

Aren't we all seeking certain emotions via these material things? It doesn't matter if we had of chose something different to Money – it doesn't matter if it's Relationships, Spirituality, Health we are all chasing the same thing....feelings or emotions. We are all craving positive emotions. That's what drives every human on the planet! If we can start to get our heads around some of this shit – we can really start to make some exciting progress & have much more success in certain areas of life.

Now some of you may be saying yea ok we are all chasing feelings/emotions – so what's your point? Well my point is that the large majority of us are a slave to our feelings/emotions because we don't really understand what drives them. We all think we do but let me assure you most of us don't. It's not rocket science – it's just that we don't usually focus on it or ask ourselves some of the deeper questions. Have you ever met someone that has a short temper? Ever met someone that is really funny? What about someone in a relationship that is really clingy? Well it's quite interesting that these individual people are the way they are because they actually crave that type of behaviour. Yes even the people that get Angry, Frustrated, Violent or Depressed – ANY of those negative emotions along with the positive emotions people will eventually begin to crave if these are the dominant emotions.

So how does that make sense? Well let me take you another step deeper into the workings of the mind. Just bare with me here – I need to cover some of this deeper shit to explain my point. The human brain creates chemical compounds known as NEUROPEPTIDES. These Neuropeptides stimulate our entire bodies in response to a certain emotion. Now the easiest way to understand this is to imagine an individual cell in the body with certain receptors (shapes) & imagine that this Neuropeptides also have their own unique construct (shape). When I get angry – my brain floods my body with the Neuropeptide for Anger.....this neuropeptide plugs into my cells and my body responds.....I tense up, my breathing gets much more rapid, my facial expressions change, my voice gets much louder. My emotions are reflected by my physiology. So how do people come to crave emotions like Anger??

Well our cells have all these receptors for the many different Neuropeptides. However if some of these receptors are very rarely used....our cells tend to change them. Why would you bother listening to a radio station full of static all the time that cuts out? Why not tune into a clear station with a very clear signal? Well the cells focus on receiving clear signals with the required neuropeptide receptors. Now from Biology at school – what do cells do on a large scale? Yes they split.....so the new cell will have a copy of the same receptors. So if someone is always getting Angry – many of there cells are well equipped to respond to the Neuropeptides & the process actually gets more and more responsive! People tend to crave this feeling because it's a feeling of familiarity. They know that they get angry quickly – they know they can identify with that. Their body knows that every cell is finely tuned to respond to anger. It actually feels good when the neuropeptides stimulate all the cells – it's a hightened state of emotion – regardless of whether that emotion is good or bad.

On a side note it's actually interesting that all drugs tobacco, alcohol, weed, speed, ice, cocaine – you name it....they all work by mimicking our neuropeptides. So when we drink lots of alcohol for example our neuropeptides for fun, laughing and a care-free

attitude are all mimicked....that tends to be why the next morning we have all the opposite emotions – because the mimicking didn't last!! I'm certainly not saying don't drink too much.....I really love getting hammered myself and letting the biochemistry just do its thing!!

So the point of all this biochemistry shit is this – we actually have the power to change the function of our own brains. If we can start to understand how this works.....we can become less angry, less frustrated, less stressed, worried, depressed ALL without really changing much at all in the outside world. We can actually change the receptors on each of our cells. If our cells don't really respond to neuropeptides concerning stress & worry than we will obviously experience the feelings of this much much less. If we understand how it is that our brain works & how it interacts with our bodies, our individual cells – than we have a greatly enhanced ability to change it for the better. If I know nothing about building a house but just hook in with nail guns, hammers and shit flying everywhere.....how is that going to go for me? I know what kind of house I'm after – I can show you the exact picture of it.....does that mean I know how to put it all together? No. Your brain is no different.

Now this may sound like crap to some of you, but I really want to strongly emphasise the power of this though guys. It's not crap at all – all that I am telling you is complete scientific Fact that I have learned from some very wise mentors. We think to make it in life we need a big pile of money, we need Ferrari's, private jets & choppers, we need Gucci, Louis Vitton, Prada – the things that we sometimes dream about.....we also need families, good times together with mates. Some of us aren't very materialistic – these people in my opinion are already 1 leap ahead of most of us – they are already aware they need certain emotions & have moved passed the Ferarri stage!! Don't get me wrong tho – materialistic goals are fine and they are important. I simply want you to understand WHY these goals, WHY these things we desire can change our lives for the better. The next step up the ladder is obviously the ability to change our lives for the better WITHOUT even needing all these things we dream of. It's actually quite important because so many people in life get to the stage where they buy the new car or the new house.....but the trouble is we all say “Oh fuck what happens now?”. Well then it's time for a new goal right?! What happens when we achieve that one? Same thing! A sense of achievement is a very powerful feeling – we all crave it.

The problem is this though guys – we are tending to work on our lives a bit in reverse. It's like we are reading the manual for our brains from the back first! If we can understand how our brains work – if we can read the manual from the beginning then we are no longer a slave to our emotions. We are then able to achieve something called Emotional Mastery which is about the most important thing in life you can study because as humans Emotions are everything. With Emotional Mastery (which in a nutshell is all about understanding how our brains work) we can achieve all the materialistic goals that we seek much more rapidly! We can earn money faster, we can get our toys & holidays much more rapidly!! How? When our minds operate in a state of positive heightened emotion we are much more creative, much more productive and much more efficient. It's really a no brainer – think about how you go at work just before a 2 week holiday – or

even just after you get back.....you get a heap of shit done because your emotions are working with you not against you! Our minds are a hell of a lot more powerful than most of us will ever really comprehend. All we need to do is learn how to use it! Just for the record – school & university is absolutely hopeless at teaching us how to use our minds.....but I won't get started on that or we will be here all day!!

Our minds are powerful enough for us to achieve things beyond our wildest dreams – the worlds most successful people are testament to this. Our minds are also powerful enough to take us through hell and cause some people to even commit suicide in a desperate attempt to end their pain.

I want to tell you a story about this bloke I know quite well that was a speaker at a forum on mental illness. This is just to highlight the point I am making today:

This was his presentation...

Like many of us in the community I didn't used to know much at all about depression. That is until I first experienced it about 2 years ago. Over a period of several months I began to slide into the darkness without really knowing what was happening to me. I began to experience many of the symptoms that we have all heard about. I found it increasingly difficult to talk to people and to socialise. Slowly but surely I began trying to close myself off from the rest of the world. I developed an alibi to explain to family/friends why I was spending so much time at home by myself. As is often the case with depression.....I had no idea why I was feeling so bad....all I knew was that it was getting worse and worse. As is often the case with rural males...I was determined to somehow recover by myself...I just needed time. But the more time that went by the deeper I slipped into the darkness. My mind was relentlessly attacking me, digging up ammunition from the past....replaying every mistake I had ever made in my life, over and over again. I had no idea I had a disease I just knew the pain was crushing.....I had slipped straight into hell and there seemed to be no way out. Everyday I would try to sleep as much as possible....it was the only relief from my toxic mind. I didn't bother seeking help as I felt there was no cure for this kind of pain. There seemed to be only one way to end the pain...I wasn't sure how much more I could fucking take...I felt I wanted to just die. I never actually attempted suicide but once I had reached rock bottom, it was on my mind daily. I resorted to praying almost every hour for help. With the last ounce of strength & courage that I had left...I took myself off to the doctor and explained my condition. It was one of the hardest days of my life to actually go out in public and risk seeing someone I knew....I had lost a lot of weight and looked gaunt and lifeless. My doctor explained that I was suffering a major depressive episode and explained how it was to be treated. I began a course of medication and within 2 weeks.....I rapidly started to improve. The relief I felt I simply can't put into words. It was incredible to feel normal once again. It was difficult to comprehend how a tiny pill could somehow give me my life back. I still had a lot of work to do....but at least now I was able to function properly and begin to develop my new path to recovery.

It took me quite a while to put my finger on the trigger for my depression but eventually I started to understand. Something inside me had started to realise that I was living my life

a long way below my true potential. This was what had started the ball rolling although I never understood that at the time. As the ball started to roll, somewhere along the line it triggered the disease to start growing like a cancer within my soul.

Ironically, there was actually something positive born from my experience with depression. I was forced to take a very long hard look at myself which was certainly not easy to do. I began a process of self-awareness. I started to learn more about who I was and most importantly.....where I was going in life.....where I wanted to be. I have learnt that the majority of us actually don't really know ourselves so well. We all think we do...but when it comes to the negative aspects of our personalities we tend to get defensive and try to justify or simply ignore the truth. Criticism is always difficult to take....that is what makes depression so painful. Ego often gets in the road of the truth. Depression removes ego altogether and allows you to become very, very good at listing your worst personality traits....the bad part is you are out of balance and can't identify any good traits! Herein lies an important point however. Depression allows you to identify those negative traits....it allows you to discover what holds you back in life...it allows you to learn that those negative traits carry messages. Once we begin to understand those messages more clearly.....the journey of self-awareness reaches a new level. Life itself reaches a whole new level. We are able to make changes that we never even thought were possible. Recovery from depression can often allow a higher quality of life than we ever had in the past. What doesn't kill us makes us stronger.

This bloke ended up going on a leadership course to Antarctica. He attended a heap of seminars on self-development. He goes on regular skiing trips around the world with a group of millionaire mates he has made at these seminars. Just last week he made \$3500 in 2 weeks from just one of his investment strategies. He has really turned his life around in only a little over 12 months. He once mentioned that his depression was actually a gift because it steered him towards reading the manual on the mind – and he previously couldn't give a shit about that kind of thing! This is just an example of a bloke who came Out of the Blue – with the Power of The Mind.....and if you still havn't worked it out – that bloke is me!

Now we don't need to wait for some crisis in life to start exploring the Power of the Mind but it just so happens that often the ones that do learn about their own minds the fastest are the ones that have been confronted with a major crisis in life...after all they havn't really got much to lose! So ironically if you have had a rough time in life at some stage – you have an advantage. If you havn't had a crisis at some stage – you can prepare yourself very well for the next inevitable crisis with this knowledge. Most importantly you can achieve your wildest dreams in life.....simply by using the power of your own mind. If you ever find yourself in hard times you too can head Out of the Blue with the Power of Your Mind. My advice to you is don't wait til that day...use the Power of Your Mind to live your life to your maximum potential. Don't wait, don't procrastinate – because as you just heard in my story - we never really know how long we have left. Learn about the incredible Power of your Mind.