

# If you plant apples ... you Will get Apples!



I have been guilty many times of hoping for a certain result when what I was planting would bring a totally different harvest. I remember wanting to be a high level AFL football player in my 20's, yet I was drinking alcohol on a regular basis. What I didn't realise back then, or maybe did but never understood the long term impact of my daily & weekly habits, was that the two don't mix! Drinking alcohol was not the crop I needed to plant if success on an AFL football field was the harvest I wanted to yield. It may sound simple, obvious and stupid but if you plant apples, you will get apples – not apploranges!

That is the bad news, but it is also the very good news. It means that if we keep planting the right seeds we will harvest the crop we want – even when there is no obvious sign of growth or harvest ...

## 'Drop Joia, drop!'

For the last 10 weeks my dog Joia and I have been attending 'Basic Obedience' training every Saturday. I actually think this training was more for my obedience than hers! Over the 10 weeks we have both come a long way and I now feel more confident about controlling her when we are out. She did really well, with my only challenge being getting her to 'drop' on command. I think we learnt the skill in about week three and for the next seven weeks we practiced in every class and I worked on it regularly between each session. She just didn't get it!!

I would have to push her down and sweep her front legs from under to get her into the 'drop' position every time. Day after day, week after week we practiced but she just wouldn't 'drop' on command - it would always take me to physically put her into the position. I thought she would never get it. Last Saturday was the final class and we were assessed - again she wouldn't 'drop' on command and so as a result she wasn't the best in the class but the second best. A great result and she graduated with distinction so we were very proud parents. But still I had this nagging feeling that I just hadn't finished the job because she wouldn't 'drop' on command.



### As you sow, so shall you reap

A few days later I was telling this story to a friend and how Joia did so well but I just couldn't get her to 'drop'. To demonstrate I called Joia over and said 'sit', which she did beautifully. I then said 'drop' and without any further commands or any physical intervention she dropped! It did get in! It did work! All the practice and reinforcement and all the sowing of the 'drop' seed had finally reaped a beautiful harvest – she 'dropped' then and she has 'dropped' on command ever since. I planted apples and I got apples!



This was an incredibly powerful lesson for me. It just proved as long as we keep practising and keep planting the right seeds, eventually the right result will be harvested. The key here is that we need to keep sowing and keep practising the right things even when nothing seems to be happening. Keep eating right and exercising even when you don't seem to be losing weight. Keep making those phone calls when the sales are not immediately coming through. Keep making time for your relationships even when they don't seem to be improving. Believe me the harvest is coming!

It is important however, to be careful of the habits you have at the moment and what you are allowing into your mind on a regular basis. They will, at some stage, deliver a harvest and depending on what you are practicing will determine the result you get. If you spend time with negative people and/or listen to and read negative things, you will eventually be a negative person and get a harvest and live a life which reflects that. If you hang around positive uplifting and encouraging people then you will have a positive mindset and create fabulous results – over time.

### What you put in you will get out

So, the message here is put the right stuff in and you will get the right stuff out. If you plant apples, you will get apples – I hope that is what you want. Read positive, personal growth books, listen to and watch positive audios & videos and hang around with positive people. If you do this on a regular basis eventually you will surprise yourself with the way you think, the things you do & say and the results you are getting from life. This works subconsciously even when you are not 100% focussed on what you are listening to. Isn't that interesting – as long as you are in the right environment, the right seeds are being sewn and the right result will then follow.



If you don't believe me, and you are old enough, stop right now and sing the theme song to *Gilligan's Island*. If you don't know it then sing the theme song to your favourite TV show. Did you do it? Are you amazed how you know it word for word? Did you ever deliberately decide to learn the words? I am guessing no, so how do you know it so well? Because it played day after day and though you weren't focussed, it planted the seed that allows you to sing it today. What if you could do the same with something that could change your life?

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**If you want apples, then plant apple seeds. What you put in you will get out! Have a great week.**