



Transcript

Episode 002

Today's Project: Rewire Your Mind for Success!

A masterclass on control wiring
for the brain!

www.3phaseradio.com

www.3phaseradio.com

Jeffrey Mort:

00:00

Today's project: Rewire your mind for success. A masterclass on control wiring for the brain right now on 3-Phase Radio.

Music: 00:22 (Bluesy rock music)

Jeffrey Mort:

00:22

Welcome my friends to 3-Phase Radio, your "Transformation Station." A weekly education program created for skilled electricians just like you. I'm your host, Jeffrey Mort. Thank you for joining us today and the 3-Phase Radio community. Thanks to my friends and family of CryBaby Creek for the intro music, you can enjoy more of their talent wherever music is found.

Jeffrey Mort:

00:45

Before we get started, this is a master class on rewiring your mind for success. I'd first like to clarify the exact definition of the word "success." The dictionary defines it as "the accomplishment of an aim or purpose." So, in order to achieve success, you must first have clarity on your aim or your purpose. So now that we have that out of the way, I'm going to have some fun with this episode. So cue the music.

Music: 01:15 (Ambient space music)

Jeffrey Mort:

01:17

Do you ever wonder if you're climbing the right ladder? I'm not talking about that 10 foot step ladder over there. I mean the proverbial ladder of life or your career. You often wish for a different and less stressful life, but you're not sure where to Start.

Music: 01:32 (Ambient space music)

Jeffrey Mort:

01:33

Have you ever wondered what sets successful people apart from those that struggle? I know I have.

Music: 01:39 (Ambient space music)

Jeffrey Mort:

01:39

Do you believe that success just isn't in your reach? Do you see people that are making big things happen in life and wonder how do they do it? Well, let me ask a simple yet powerful question. Have you ever taken notice of your specific thoughts and emotions?

Maybe you have some negative thoughts or you use negative language and you don't realize how it impacts your life. Perhaps you're the type that often looks through the lens of what's wrong or what could go wrong instead of what's good and what may be possible.

Music: 02:10 (Electric sound effect)

Jeffrey Mort:

02:11

Once upon a time, all of those described me. Focusing more on avoiding what I didn't want, instead of what I actually wanted. Although these descriptions may sound somewhat negative, rest assured they are 100% completely normal and typical thoughts. So let's talk for a minute about why these things are normal.

Jeffrey Mort:

02:29

The problem my friends is the human brain. That's right. We were all born with the same wiring and a very basic default program. Every one of us is wired for only two basic functions: safety and familiarity.

Jeffrey Mort:

02:48

You see, your basic brain program was wired about 6 million years ago when humans first inhabited the earth and it hasn't changed. It's never had a reason to. Modern humans have been around for about 200,000 years. Civilization, it's only about 6,000 years old, and industrialization is only a mere 200 years Old.

Let's face it, organic evolution is an extremely slow process and your operating system, or as I call it, the yOs, is simply outdated. Today, we're going deep into the outdated yOs.

Jeffrey Mort:

03:29

It was designed simply to protect us as primates from dangers like tigers and dinosaurs. The default program process goes something like this:

Jeffrey Mort:

03:42 (Prehistoric predator growling)

One, locate danger. Two, locate safety. Three, move towards what's safe and familiar.

Jeffrey Mort:

03:46

I'll give you a caveman example. He thinks, "Me see tiger. Tiger mean danger. Me see cave. Cave is safe. Me go to cave and feel safe." Pretty simple, pretty basic, but that's how our brain was wired. Even after 6 million years this is still how our brain operates.

Jeffrey Mort:

04:04

Our lives are made up of beliefs. We unknowingly set limitations based on what we hear in the stories that we tell ourselves. "I am open and vulnerable. The cave is my safety. The ocean looks dangerous. The land is safe." Belief in these limitations become our limiting beliefs. We are pre-programmed by our operating system, our OS, and it easily programmed by what we hear, see, feel from touch and emotion.

Jeffrey Mort:

04:34

This is our default program. This is known as a fixed mindset. The stories that we tell ourselves have a direct impact on the results. Some more familiar examples may sound like this:

Music: 04:51 (Pity party music)

Jeffrey Mort:

04:51

"I'm not good at math." "I can't bend pipe." "I'm afraid of

heights." "I'm not good at this." Or, if you make a mistake and say, "I'm such an idiot."

Jeffrey Mort:

05:05

All these simple common phrases, if they are said every day they actually do something. Now let's talk about stories that we've heard that become programmed limited beliefs. Stories maybe regarding money. Some things that you might've heard might be "money doesn't grow on trees," or "we can't afford that," or "money is the root of all evil." "Money can't buy happiness." "Money only goes to money." "I'll never be rich." "I'll never be able to afford that."

Jeffrey Mort:

05:39

Fact: if you continuously tell yourself anything, you'll eventually believe it as the truth, so why not tell yourself something helpful? Tell yourself helpful stories rather than limiting ones. Challenge your beliefs. We'll go deeper into this shortly, but before we go there, let me introduce you to and guide you through the concept of the growth mindset, and the stay with the theme of 3-Phase Radio. We'll break this up into three phases. Just like a power system.

Jeffrey Mort:

06:15

Phase A.

Thought is what sets the successful, the wealthy, and the fulfilled people of the world aside from the majority, the mediocre, and the average. It's not the lucky sperm club. It's not a college degree. There is zero difference from one brain to the next as far as how it was built. We all have the same basic brain schematic, and all brains operate the same. I'll explain how that works in a few minutes. Success is always on the inside, and it's never on the outside.

Jeffrey Mort:

06:49

My education up to two years ago was as basic as a vocational high school diploma. My curiosity is what got me to where I'm at today. A large part of my research for the last two years has primarily been in the fascinating fields of neuropsychology,

neuroscience, and how we are all wired. That's right. I don't just study electrical work. I like other things, too.

Jeffrey Mort:

07:13

After all, this podcast is for electricians, so it's completely relevant. My experiments in this field of study have proved positive results. My experience has been nothing short of positive. And my proof has been incremental success with win after win -- sometimes micro, and sometimes I hit the proverbial jackpot.

I'm moving the needle in the direction that I thought of. Not only that, but the comments from close friends, and family, and co-workers that had no idea what I was up to was proof that the process that I'll describe in a few minutes absolutely Works.

Jeffrey Mort:

07:51

Full disclosure though: this is a long game plan and not an overnight success strategy. It takes extreme dedication and consistency. It takes what [Hal Elrod](#), creator and best-selling author of '[The Miracle Equation](#)' and also '[The Miracle Morning](#)' says, "unwavering faith and extraordinary effort. That's what this process takes."

Here's another great quote that I recently read that applies: "the only place that success comes before work is in the dictionary." --Vidal Sassoon.

Jeffrey Mort:

08:23

All right, enough with the music now. So what's the plan? Imagine for a moment that you can outsmart evolution. What if you could remap your yOs, your operating system? I'm here to tell you that that's 100% in your control. We simply need to rewire and do a yOs update.

Jeffrey Mort:

08:47

So that brings us to Phase B. Now that you've learned that success begins with thought, it's time to understand exactly

how the thought process works. You are the creator of your thoughts--good or bad, positive or negative. You're the creator of your thoughts. Thoughts lead to emotion. Emotion over time becomes a belief. Belief over time becomes your identity. Identity leads to decisions. Decisions lead to actions. Actions cause reactions. And, finally, reactions lead to results.

Jeffrey Mort:

09:26

Therefore, it cannot be argued that your thoughts create results. Period. This process has been scientifically proven. So call to action here folks. If you seriously want to know how to rewire for success, do me a favor. First, press pause on your device or your computer in this podcast. Go to the episode webpage from your phone, your Mac, or PC and post a "HELL YEAH, I want to know!" in the comments. No, really, I'll wait while you do that.

Music: 09:58 (Ticking clock)

Jeffrey Mort:

10:03

Okay, we're back. Thanks for all the comments, I appreciate it. So, this is a four-step process. Think of rewiring your brain for success like rewiring a building. First, you start with a set of plans. Then, some demolition of the old wiring. Some new rough wiring according to those plans. And finally, some finish work of connecting and testing to be done. Don't forget to do some inspections along the way so you stay compliant.

Jeffrey Mort:

10:29

So, step number one: the plans are what the project looks like upon completion, your future self being the project. Number two, the demo is how to unwire those limiting beliefs. Step three, the rough is how to rewire new beliefs. And number four, the finish is using the process of steps two and three over and over again forever. Like I mentioned earlier, this is a long term commitment plan. If you think this sounds like too much work, you'll never reach your destination.

Jeffrey Mort:

11:05

You'll never complete your project of the future you. That brings us to Phase C. Here's your action plan. So for step one in the plan, you need to choose your destination and set your mental GPS to it. Just like you're taking a trip. Where do you want to go? You've got to ask yourself these questions.

Jeffrey Mort:

11:27

Who do you want to be? Who does that future self look like? Remember our definition of success, "the accomplishment of an aim or purpose?" You need to set your aim for what you want to accomplish and get clear on your purpose. What do you want your future self to be doing? Where will you live? How will you dress? Who will your friends be? Why will you be that person? This is super important. I can't stress this enough. Get crystal clear on your purpose. Know your "why."

Jeffrey Mort:

12:01

Now, make it real by writing down the answer to those questions. Make it real by reading those descriptions of your future self out loud. It's okay to make updates along the way. Every project has change orders, right?

Jeffrey Mort:

12:15

So, step number two, the demolition. How do we unwire those old pathways? How do we get rid of those limiting beliefs? Neural networks, also called pathways, operate using something we're all familiar with: electricity. They also transmit chemically.

Neural networks, they're made up of groups of structures called a synapse. In the nervous system, a synapse is a structure that permits a neuron or a nerve cell to pass an electrical or chemical signal to another neuron or the target effector cell. So, synaptic pruning is the process of eliminating unused neural networks in the thinking part of the brain. So you get that so far? Neural networks, they're pathways, they use electricity. I told you this was relevant!

Jeffrey Mort:

13:05

They build structures. So, if you're doing that in a negative fashion, you need to get rid of those structures. And that's called synaptic pruning. Synaptic pruning is the process of eliminating unused neural networks in the thinking part of the brain. So how do we actually do the unwiring? With two basic principles.

Jeffrey Mort:

13:26

Number one--neurons that fire together, wire together; and, number two--use it or lose it. So, it starts by challenging your beliefs. Think of it like removing a limit switch from a circuit. Remember that all negative thoughts and words are limiting you. Remember that perfectionism is limiting. Remember that procrastination is a limit.

Negative emotions like embarrassment, envy, and distrust--they're all limiting. So remember of all those limiting beliefs we covered at the beginning of the program? Be totally aware of your thoughts.

Jeffrey Mort:

14:05

I mean every single thought. You need to shift your thinking to positive and stop thinking negatively. Negative thoughts are like the resistor in your circuitry. They're keeping you from reaching your destination. You get that? Negative thoughts are the resistor in your circuitry, and they're keeping you from reaching your destination. They're holding you back.

Jeffrey Mort:

14:26

With every thought ask yourself, "does this thought move me towards my destination or away from my destination?" You need to be conscious of every single thought that comes across your mind because you're creating them. They're not already in there. You are creating these thoughts and you need to know if they're positive or negative. If it moves you away from your destination, open that switch and stop the thought current in its tracks.

Jeffrey Mort:

14:53

This literally stops the electrical current and chemical signal from continuing the process in completing the neural network circuit and building the synapse in your head. Eventually continuously disrupting the electricity of the limiting thought network will place it in the unused category, and will eventually dissipate or be pruned away.

So back to the synaptic pruning.

If you stop that limiting thought, it's no longer going to connect with other neurons in your brain and your brain will realize that that is happening. It will put it in the unused category and eventually prune that away. The faster you acknowledge the limiting belief and open that circuit, the faster you'll be heading in the direction of your destination. So, that's step two in the demolition wiring.

Jeffrey Mort:

15:41

Step three, the new rough wiring. Now that we've demoed the old wiring, let's look at the plans and understand how the rewiring happens. Building new neural pathways is a relatively newer field of study called--here's a big word now--neuroplasticity.

However, William James, who was born in 1842 and died in 1910, was an American philosopher and psychologist--whose biography, by the way, is epic and you should read it sometime--and he was also the first educator to offer a psychology course in the United States. So William James was his name. The idea that the brain and its function are not fixed throughout adulthood was proposed around 1890 by William James in [The Principles of Psychology](#). I'll put a link to that in the show notes.

Jeffrey Mort:

16:32

Though the idea was largely neglected until around the 1970s, neuroscientists believe that the brain structure and function was essentially fixed through adulthood. So, back to that fixed mindset, these were scientists that believed this.

Neuroplasticity in a basic form has a simple two step process,

and it's the same as removing the old neural networks and works on the same two principles.

Number one, neurons that fire together, wire together. And number two, use it or lose it. So, next let's get a better understanding of what your operating system has for hardware. This is a good time to take a sip of water here. Oh, that's much better.

Jeffrey Mort:

17:17

You've heard of building with a BAS, a Building Automation System that consists of control wiring, hardware, and software? Well, your brain, it actually has a BAS, and that's a 'Belief Automation System' that uses electricity as well. Same concept. It starts with an input filter. So, think of this as your power filter. Your input filter is located at the base of your brain, and it's where sensory inputs such as your eyes, your ears, your nose, taste, and touch are connected.

Jeffrey Mort:

17:49

This is your hardware. In the field of neurology it's called the reticular activating system, the RAS for short, and it filters out non-beliefs and only lets in safe and familiar information and beliefs. So, when properly used or rewired, the RAS has been referred to as your automatic goal seeking mechanism.

According to ScienceDirect.com, the reticular activating system is a network of neurons located in the brainstem, that project anteriorly and to the hypothalamus to mediate behavior as well as both posteriorly to the thalamus in your brain and directly to the cortex for activation of awake, desynchronized, cortical EEG patterns.

Jeffrey Mort:

18:39

In more basic terms, this is how it operates. You actually have two brains. You have the conscious brain, and the subconscious brain. This is your software, and this is how it operates. The conscious brain believes stories, the conscious brain programs the subconscious brain. The subconscious brain automates the conscious brain so you no longer have to use energy to think about the belief. Ever notice how when you get a newer vehicle,

you start seeing the same model everywhere? Well, that's your RAS letting in the information.

How about when you learn something new?

That same thing suddenly pops up everywhere.

Another example is being in a noisy environment like an airport, and you automatically filter out all the background noise. But if your name's called over the public address system, you hear it loud and clear. That's your RAS working. The RAS is like a bandwidth filter so you're not taking on too much at one time.

Jeffrey Mort:

19:31

How do we use this to our advantage? Well, we tell ourselves stories that will help us reach our destination. Your RAS doesn't know the difference between negative or positive, but it only lets through what it's told through the sensory inputs, including thought. One of my influencers, Dr. Shannon Irvine of the *Epic Success* podcast, she calls this "brain priming." Getting your brain to only focus on your destination.

Jeffrey Mort:

19:58

Your brain doesn't know the difference between reality and fantasy. The true reality is if you continually visualize and vocalize your destination, you will eventually arrive there. That's no bullshit, my friends, it's a fact. That's how we were wired. You may have also heard this more commonly referred to as the law of attraction. Same concept.

Jeffrey Mort:

20:21

Let's get to work. Here's the process that I found most effective and efficient. First, you want to start with a quiet place where you can clear your mind of thought. You want to take a deep breath from your abdomen and not your chest. Eventually we'll have a masterclass on the extreme power breath in future episodes.

But here's the crash course. With your tongue on the roof of your mouth, you want to breathe in through your nose for a count of five seconds. Then you want to exhale through your mouth, like you're blowing through a straw for a count of

six seconds. The longer exhale is important here.

Jeffrey Mort:

20:59

Repeat the cycle five times while only focusing your thought on your breath. Real quick: this breathing cycle, it naturally balances your sympathetic and parasympathetic nervous systems, a.k.a. your fight/flight/freeze response. Balancing these two systems regularly has a long list of health benefits that we'll cover in that later episode. To help with this technique, check out the show notes. I'll put a link to "[The Breathing App](#)" in there. It's created by [Eddie Stern](#) and his friends. I use it several times a day. It's a fantastic app for this exercise.

Jeffrey Mort:

21:32

That's step one, getting into the right mindset in this breathing mode in a nice, quiet environment. Next, to get into a positive spirit, think and focus on one thing that you're grateful for. Practicing gratitude is a game changer for me, personally, and it's well known as a key ingredient in the recipe for achieving success. Gratitude is very important.

Jeffrey Mort:

21:56

Now here's the most important part. Set your intention. Say to yourself, "I want to..." and then fill in the blank. And that can be "I want to be healthier", "I want to be wealthier", "not struggle financially", "be fulfilled", "I want to have an impact", "have freedom", "I want to find a better job", "I want to enjoy my career", "I want to look forward to going to work", "I want to be a better parent or husband or wife."

Jeffrey Mort:

22:28

Set your intention. It can just be one thing. Start simple. Just one thing. Now, picture your future self living that life you desire. Think of yourself in that situation. Set your intention. Set them and hold them all day. Set reminders on your phone to visually remind you is a great tip. Leave notes to yourself. Use a daily journal to write your intentions down and then read them at least twice a day. I remind first thing in the morning and right

before I go to sleep. Read them out loud.

Jeffrey Mort:

23:04

This may feel awkward at first or sound silly, but don't let that stop you. Remember, feeling embarrassed even to yourself will hold you back. That is a limit. That's it. That's the blueprint right there to rewiring your brain for success and your accomplishment of an aim or purpose.

Jeffrey Mort:

23:23

That's how it's done. If you doubt this, you can look it up anywhere. It'll come up in a hundred different places if you Google search it, but that is the key to success right there is rewiring your brain for positive thought and eliminating the negative limiting beliefs.

Jeffrey Mort:

23:40

Here's some motivation from [Jim Rohn](#). He says, "successful people do what unsuccessful people are not willing to do. Don't wish it was easier, just wish you were better." Powerful words. They are by the late great Jim Rohn. Take that epic quote as fair warning.

Jeffrey Mort:

24:00

It will fail if you're not consistent. Take a lesson from sports. You will not be a good golfer by golfing twice a year. Or a home run champion with only one at bat. A common reaction is to resist this exercise because it's different, or it's too simple to be true, or it feels silly and makes you uncomfortable, or you stop because you lose faith.

Jeffrey Mort:

24:26

Get out of your comfort zone, my friends. Do something today that your future self will thank you for. As for this method, it's scientifically proven that synaptic pruning and synaptic priming over time can create your future circumstances. That's a fact. I guarantee if you constantly disrupt and open the circuit of limiting beliefs and close the circuit of a growth mindset,

bypassing all your old circuits, limiting resistors, and regularly set your intentions for the future that you desire, you will most certainly reach your destination.

Jeffrey Mort:

25:03

So step four, the finish phase, it's persistence. So exactly how long is a long game, anyways? Studies show that it takes a minimum of 21 days for an old mental image to dissolve and a new one to be created and connected to others and begin to build that new neural network structure. More recently, a study of 96 people published in the *European Journal of Social Psychology* found that it took an average of 66 days to form a habit.

Jeffrey Mort:

25:34

In the last 12 months, there's been new studies that shows it's actually increased from that, and it goes from 66 days to 365 days. So you're talking--30, 60, 90--you're talking two months minimum to 12 months maximum to eliminate your old limiting beliefs and to create new neural networks that will help you reach your destination.

So how long is a long game? At least a year, my friends, at least a year of practicing this every day. But you'll see incremental progress along the way. A solid number that I use is 100 days to make sure the program sticks. For my own 100 days, I like to use [The Freedom Journal](#) from [John Lee Dumas](#) of [Entrepreneurs On Fire](#).

It's built to achieve your number one goal in 100 days.

I'll be sure to link to my resource

page where you can find my affiliate link for that journal.

Full disclosure on that resource page. I do make a very small commission on any purchase at no additional consumer costs. I appreciate any support, and all the revenue generated from my resource page will be put back into the programs that we offer here at 3-Phase Radio.

Jeffrey Mort:

26:43

We now know that by practicing your brain priming exercise

over and over, you're actually building new positive neural networks. Remember the first rule of neuroplasticity: neurons that fire together wire together. Repetition of thought about your intention is actually wiring them together by firing them together.

Jeffrey Mort:

27:03

Remember rule number two: use it or lose it. If you stop using the thought intent, the newly established neural network will dissipate and go away. The road to your destination will vanish.

Jeffrey Mort:

27:15

So how do you avoid failure? The first thing is to reframe how you view failure. School teaches you that failure is a bad thing, right? That's what teachers tell you not to do. If you ask any successful person what's taught them the most, they will most likely answer failure. Failure is by far our best teacher. So contrary to what you learn from school, never fear failure. You want to make risk a reality, and you want to dream big. Hell, dream like you are a child again.

Jeffrey Mort:

27:45

Do you remember someone telling you was a kid that anything is possible? Well, because my friends, success comes from risk, and from failure, and from perseverance. Here's one of my favorite quotes that comes from Winston Churchill, "success is walking from failure to failure with no loss of enthusiasm." So if you don't see any progress, don't let it get you down. Just keep chugging away at it and keep wiring. Keep wiring those new neural networks.

Jeffrey Mort:

28:12

So, now to recap and elaborate on the key points of today's show.

Jeffrey Mort:

28:15

Take note of every thought. Short circuit the negative ones. Trip that synaptic breaker and make them disappear.

Jeffrey Mort:

28:25

You want to stop and breathe.

Jeffrey Mort:

28:27

You want to practice gratitude.

Jeffrey Mort:

28:30

Most importantly, you want to set your intentions. You want to stay focused on your destination. You want to visualize that. You want to talk about it, you want to talk to yourself about it, you want to write it down, you want to read it, you want to say it out loud, you want to scream it from the mountain top.

Jeffrey Mort:

28:44

Next, expect failure and learn from it. Don't let failure disappoint you. You need to learn to accept that. You need to expect it and learn from it.

Jeffrey Mort:

28:52

Next you want to be persistent. And finally, you want to make it a habit.

Jeffrey Mort:

28:57

You want to take things a step further? Document your journey. Document it in a journal, and then take that documentation and create systems and processes to avoid the same mistakes.

Jeffrey Mort:

29:08

Because after a while you might've made a mistake a while back, and then you forgot, and you'll make it again. You're like, "damn, I knew that, it tripped me up before." Write those things down. Read them often. Remember them. Make processes around those hurdles so that they don't trip you up again.

Jeffrey Mort:

29:22

You want to share your knowledge and experiences so others in your community can benefit. So if there's something that you found that's tripped you up and you want to talk about it, or something that's working for you and you want to tell everybody about it, you can get on our Facebook group, and you can check it out at 3-Phase Radio on Facebook and join our Community.

Jeffrey Mort:

29:42

Next, to take things a step further, is people helping people. It's an ingredient in the law of attraction. So you want to share that knowledge and share your experience and help other people. And that's a key ingredient in the law of attraction.

Jeffrey Mort:

29:54

You'll see that come around. You heard karma--the word karma before? Or, "what comes around goes around?" That's true. It all comes back to this, the law of attraction and the power of the mind. So, to avoid failure and achieve success use this 3-phase high voltage formula every day:

Jeffrey Mort:

30:12

Phase A--open that limiting belief circuit.

Jeffrey Mort:

30:15

Phase B--energize the destination circuit without any resistance.

Jeffrey Mort:

30:20

Phase C--exercise this as often as possible.

Jeffrey Mort:

30:24

Your brain's like a muscle, and it loves exercise. So the more you exercise it, the stronger it gets. Do this at least twice every day and let's see what happens. It's been said that knowledge is power, but that's only partly true. The true calculation of power

is this. Get ready, because this will be on the quiz later and you won't find it in any exam prep book.

Jeffrey Mort:

30:45

It's $K + A = P$ which translates into "knowledge plus action creates power."

Jeffrey Mort:

30:54

Now it's time to take your knowledge, take action, and put it all to good use. I'd love to see your comments. I'd love to see the list of limiting beliefs that you plan to do away with. I'd love to hear about your destination and your new beliefs. I'd be happy to hear about your failures, too. I'm always here to support and help, so don't hesitate to email me your questions on how to bypass those resistive loads. Most of all, I'd love to hear your personal development success story and even share your story. I'll have you on the program.

Jeffrey Mort:

31:23

Coming up on 3-Phase Radio, this is what we got coming up in future episodes. We're going to be going into improving your skillset. One lesson at a time. We're going to have interviews with industry experts. We're going to have top 10 lists to improve your commercial installations. We're going to have master classes on leadership that makes people enjoy showing up.

We'll also uncover the facts about 401ks and pension plans that most employees don't know. We'll have an episode on how to build an epic website that will attract clients to your business. Before we get to those episodes though, next we'll be covering "Plug In and Power Up: Tuning Your Body to Outlive Your Career -- An Essential Guide to Peak Performance Now So You Can Live a Longer Life.'"

Jeffrey Mort:

32:06

Join us next time in a revolutionary community that is 3-Phase Radio. Be sure to subscribe, leave a review, and share with your friends, your family, and your business associates. Thank you so

much for being with me today. I sincerely appreciate your time and join us again, won't you?

Jeffrey Mort:

32:23

This podcast is for educational purposes only and is not a substitute for professional help. I am not a medical professional, or a neuroscientist, or a financial planner. If you need help with physical or mental health, or financial issues, please seek professional help. Thank you very much.

Music: 33:19 (Bluesy rock)