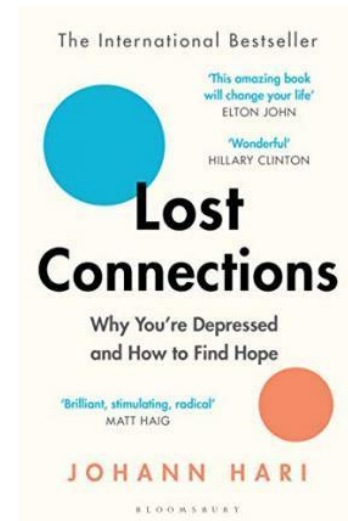


## **The book that made me grateful for what I do as a profession (part six)**

This week I will address Johann Hari's sixth cause *"Disconnection from the natural world"*.

The eight causes Hari uncovered are:

1. Disconnection from meaningful work
2. Disconnection from other people
3. Disconnection from meaningful values
4. Disconnection from childhood trauma
5. Disconnection from status and respect
6. Disconnection from the natural world
7. Disconnection from a hopeful and secure future
8. The role of genes and brain changes



### **6. Disconnection from the natural world**

Have you ever gone for a bushwalk, had a swim in the ocean or gone to a yoga class and felt the speed you are travelling is one with nature?

Albert Einstein once said, *"Look deep into nature and then you will understand everything better"*.

Nature can be both physical ie a rainforest or something within us ie the way we look at the world.

My good mate Nat Young said to me once when discussing all the stuff you discuss on a surf trip, for him, nature is god and god is nature. An interesting perspective.

In the same genre of conversation my great friend Steve Sinn SJ was telling my son Jack a story about one of the guys he lives with (he houses men that have recently been released from jail in Bathurst). This man had an enormous amount of childhood trauma and was of self-harming. He thought of himself as a magot, a leach on society.

Steve managed to re-wire his thinking so that this man felt he was loved and believed in and once he realized this, all the self-harm went away.

As financial planners we believe in our clients and over time do make a difference in how they view their future self.

We don't perform miracles but with our belief in them, we do guide them to an outcome such as financial independence that they may have once thought unachievable.

For instance, as with the seasons of nature, investment markets are constantly changing. We provide clients with confidence to overcome the negative returns of their portfolio by explaining, like the four seasons, summer will come around in no time.