

S u c c e s s R a d i o 1 1 : 1 1

Presented by Bill White

<http://www.synchronicity-expert.com>

Intro: Synchronicity expert Bill White brings you Success Radio 11:11.

Bill White: All right, I am here with Adrian McMaster, the owner of singlelifeat45.com, published author of three e-Books. Is that right?

Adrian McMaster: Yes it is, Bill. Yeah. Thanks for having me on the line.

Bill White: Certainly. Tell us a little bit about your site.

Adrian McMaster: It is mainly designed to help single people look at their lives and the direction that they can improve their lives. I look at it in the perspective of 45 years and how things have changed in my life and the mistakes that I have made and how I could possibly -- learning from my mistakes and learning from my advantage of being single could help other single people especially dealing with relationships and goal setting and travel. I have traveled the world as a single person and the disadvantages and advantages of that. Life in general, how to deal with death, broken relationships, broken friendships, the many things that come into our life in general. So, I thought this would be a great opportunity to get out there and help as many single people as possible because there are a lot of things that we do not get taught at school. One of them was getting coaches to help us in the direction we want to go. We all seem to have a coach on a basketball team or a baseball team or have a coach to teach you how to drive a car, but we do not have anyone to coach us in our lives. I think it will be all right, but sometimes it is not. It is very hard to learn from a broken relationship and why these things happen and how it gets into our subconscious and it can stop us from achieving our goals because we are so worried about fear and certain things like that. So, that was one of the main reasons why I started on this journey of writing Single Life at 45 and then the other two e-Books kind of intertwined because they are also about goal setting and I have found that goal setting is such an important part to anyone. You got to have a target where you want to go, where you want to head. It is no use just being like an arrow shooting into the space and not having any target to hit. I found goal setting was such an important thing in order to increase and speed up your success in life and also if you have a coach that can show you how to drive your arrow towards that target, it makes it even quicker to gain and that is something that I have tried to explain in my book, the three books, because I think they all have certain aspects to help single people. Hopefully, there is a lot more that people can read and say, "That's what happened to me and I can see where he is coming from." Or "Hey, that's the mistake he made I am definitely not going to make that," especially with relationships and starting a family and things like that. If I had only known now what I had known when I was 21 like ideas about starting a family and getting into a very loving relationship it would have been a lot different to how it has changed with broken relationships that I have been in and hid away in the outback. That is the reason mainly because I want to help single people. I want to give them a bit of guidance, a bit of -- just a leg along in life.

Bill White: All right. That is a good point of reference. I need to mention that Adrian is in fact Australia's most eligible bachelor.

Adrian McMaster: Well, yeah at the moment I am. That is for sure, yeah. I have been for 45 years. I would like to try and definitely meet somebody that I can take the risk in my journey in my life and share with them and someone who has got the correct values and right attitude and the right direction to go in life. I have done a lot of seminars and listened to a lot of great American speakers like Anthony Robbins. I have been to quite a few of his seminars and Robert Kiyosaki and Chris Howard and I have done one just two weeks ago by Brenda Bates. The book *The Journey* was an amazing... I learned so much about myself just within those three days. I know I am not going to be single for another 12 months that is for sure, whether I am married or whether I am in a relationship that is definitely going to happen. We are just going to see what happens, but while I have been single I have been fortunate enough to see many of the good sides and the bad sides of life and how we take certain things just for granted. Being a single person, I have had the opportunity to travel to many places throughout the world, America quite a few times, England, Ireland, Scotland, and learning about their cultures and compare it to our culture. You do not realize at times how lucky you can be as a single person or how lonely it can be as well because you want to share some of the emotions and some of the feelings and some of the joys and experiences of visiting places like the Grand Canyon or Sydney Harbour Bridge or the Canadian Rockies or -- like I walked through the streets of Soweto in South Africa. It was an amazing journey just to see what people -- how they live and survive. These are all pictures that I have got on my website, which people can go have a look and say, "Hey, we are very lucky."

Being single I saw the advantage of just sharing my life with myself and hiding in the outback working as a miner in the mining industry for the last 20-25 years, but I guess what really hit me about being single when I held my little nephew in my arms from my baby sister, I thought, "This is something that I want in my life." I just do not want time to pass me by and never have the opportunity. I made a mistake many years ago thinking that I was not good enough and I think that is the problem with a lot of single people. They just do not think they are good enough to achieve anything. Some of them would look in the mirror and say, "Oh, who's gonna want me?" Everyone has got so much power and so much love and so much kindness in them that they have got to believe in themselves. That is totally another thing that I have tried to write into my book about. The time that we have on this earth -- it is to take advantage of every second that counts because time definitely slipped by me up until I have virtually started on this new journey in my life and it was not until I wrote *Single Life At 45* that I realized I have been blaming myself to something that I should never blame myself for. It has cost me relationships with women. It has cost me starting a family when I -- back when I was 25 or 30 or 35 or 40 even and I have had some near death experiences that -- "Hey, you gotta do something about this, you know, like you're still here. You've been given three chances and you know do something about it."

That is why once I put the pen on the paper and started writing *Single Life At 45*, I thought how many other singles are like me, how many singles think that this is all going to happen if they go this way or if go that way. I just thought by explaining how I thought and how I have seen certain things and made certain mistakes, I could pass my own mistakes on so other singles do not make the same mistakes and look at their lives and say time is right now, not in 10 years' time or 5 years. It is right now, living for the moment, being with that someone special, finding that someone special to share all their moments with. I guess that was the main ethos behind *Single Life at 45* and then it led into the goal book, which I totally have learned so much about writing your goals and having it target to ahead in life. Then, I wrote the *Travel Tips* because being a single person I have had the opportunity not only to travel to many places, but to enjoy them. The best I have ever had was in Africa when I was on safari with a group of people that I did not know, but 18 days it was the best trip I have ever had in my whole life. I spent three months with my cousins traveling throughout America, but I had more fun with these people that I did not know at all and they are all single the same as me and they had the same direction, to enjoy life,

to enjoy each other's company, and we were all living for the moment in the presence of something so real and fantastic with the animals. I am very passionate animal lover and that is where a lot of the proceeds from all my books are going to go, to an animal foundation here in Australia, then it will go worldwide to support animals that are in danger of becoming extinct because living in the outback I had the opportunity to see many baby emus, baby kangaroos and traveling to Africa I got to see so much animal life there. I think that is such an important thing to keep for the future generations. I would hate to see animals in museums stuffed and they are all extinct because of how mankind stuffed everything up. I think being a single person I do not really want to see that at all. I do not want to see the animals go down the track that they are going in many ways. I know a lot of single people are probably passionate about animals as I am, I am sure. By just buying the book they can see how I feel about it and looking at the photos -- I am a photo getter. I am so passionate about the animals, but also passionate about giving single people the best advice or advices I can take into their lives and use just to make it a little bit better.

Bill White: Right, right. You hit on several things there that I definitely agree with you and I really can relate to and one of the things that you said is that seizing the moment, basically appreciating every moment, and also you mentioning all about the animals, the importance of the world that we are living in and the environment and everything that is going on around us, but taking pride in being a custodian of the planet and enjoying it with all its natural beauty. What do you think is on the horizon in the future as far as the wildlife? Do you see it going for a good direction or do you see it going in a bad way?

Adrian McMaster: I personally think you have got to be positive about it. I was in Brisbane two weeks ago and I was just fascinated. I went to the Australian Zoo there that is owned by Steve Irwin, the Crocodile Hunter, and he was there in person. I was just amazed walking around his zoo and seeing how he is trying to preserve certain animals here in Australia. I know it costs 4000 AUD just to save one koala and he is footing the bill for it all. That is why I would like to try to gain as much as I can to help him and I see we got people like that. You watch Discovery and National Geographic, you will see so many people out there trying to maintain the status quo. The Sumatran Tigers I hear they are endangered and there are so many other things, but if we keep a positive focus on it, I am sure we can win. I think people are starting to realize how much damage we have done to our nature and environment and we just starting to wake up to it now with the global warming and everything else that we may encounter -- subsequently encounter stuff up. I believe now I think it is going in a positive direction, Bill. I really do. I do not believe it is going in a negative direction, but I think people just turn a blind eye to it because they think, "Oh, it's not really affecting me," but it probably will because I look at it down the track. You have got to look to the future and say ill my grandchildren or my great grandchildren going to see or hold a koala bear or see a bald eagle or see a black bear or a platypus or a kangaroo live or a tiger or an elephant or whatever animal that people have their fiber animals? Are we going to see them live or are we going to have to take them to a museum to see them stuffed and that is what I am so passionate about. That is my aim target. It is not about firstly helping -- helping single people is the start of my journey, but my aim target is to leave the planet a little bit better and hopefully save some animals along the way, so that future generations get to experience the love and the warmth of holding a koala bear or seeing an elephant or seeing a giraffe or whatever takes their passion. It is amazing to watch a young child smile when they see an animal. That is priceless.

Bill White: Absolutely.

Adrian McMaster: I hate to see that disappear.

Bill White: Well, I could not agree more. Adrian, what point was it that you had your catharsis here, your moment of realization that you really wanted to work on yourself and become more successful? What was it that inspired your change?

Adrian McMaster: I was reading the book by Robert Kiyosaki, Rich Dad, Poor Dad and I was working on a mine site. It was 1:00 in the morning. We were working night shift and I was driving a machine, a Caterpillar grader, and I was the only guy that was working on the whole site. Everyone else had been knocked off and sent home and one of the things that Robert Kiyosaki said was if you have got a dream or you create a niche you have got to go and follow it and I knew that sitting out in outback Western Australia at 1:00 in the morning, a cold, blistery rain, I said, "No more. This isn't for me. I've definitely got to change the direction of my life. I've definitely got to head in the direction that I can help other people and do a lot more positive things than I was doing on the mine site." I can remember vividly because we were talking about Robert Kiyosaki that night between me and some other positive friends that I did have on the mine site and we were listening to one of his interviews on a radio station on the ABC here and how he was talking about doing business and having your own idea and following your dream and when this happened, when this occurred, I am sitting there in the middle of nowhere and I just kind of said, "That's it. That's what you've got to do." It was plain as day. I can remember. I can see it in my third eye now. I can visualize me sitting on that machine when it just me. I just said, "I've just gotta get out here and do something different," and that has what led me to this.

Bill White: All right. What do you think the most important step towards success is?

Adrian McMaster: Knowing who you are. Knowing how you can make a difference not in your own life, but to other people's lives. You look at all the people that have been successful. The life of Pope John Paul II and Mother Teresa and Anthony Robbins and Nelson Mandela and Richard Branson and Bill Gates and Donald Trump and Oprah Winfrey and people like these -- it is amazing. You watch them and you think like if they can do it, why cannot we? It is not about me, it is about we and that is how I look at that is.

Bill White: All right, very well said. What do you think as far as being a single person -- what do you think the greatest advantage of being single is?

Adrian McMaster: The greatest advantage of being single is you have only got to look out for yourself and you only make decisions for yourself and I guess sometimes you get very selfish being single and that is something that I have learned being single because you become selfish. You are only worried about yourself and sometimes that is not the best thing. You do not really find who you truly are until you can share yourself with someone else. I look at it as the power of two is a lot stronger than the power of one. Being single has advantages in that you can travel when you want, go where you want to, but there are also a lot of disadvantages. There are a lot of things that I do write about in the book about not being able to share certain moments, you know, when you are traveling around the world like I have been doing as a single person, not having someone to go in the nighttime and sit down and say, "Hey, that was great. You experienced that, how did you like that?" Or "How was Disneyland?" Or "How was Nashville?" Or how was such and such, all the places that I have been to though I have not been out this year. The advantage of that is you get to go to places, but the disadvantage is that you do not get to share it with as many people as you would like to. You do not create special moments and make a mental memory as when you are with someone or when you are with your family and you see the smile on their face and you see how beautiful this is and have joys you feel inside and say, "This is great. I will always remember this for the rest of my life." Being single you do not get to do that. So, those are the disadvantages or one of the disadvantages. The advantages are -- everyone

probably have different perspectives on being single. Everyone live a different lifestyle. Some people are single, but they are probably full of fun, have a big family, and they probably do not ever look at themselves as single. It is a very hard question to answer on a broad scale if you know what I mean.

Bill White: Sure, sure. Adrian, why should someone read your book?

Adrian McMaster: Well, it is like anything. You read some books and you might get one idea or you might say, hey he said read Robert Kiyosaki or Napoleon Hill or Doug Carnegie or he has mentioned Anthony Robbins. It just might give them an idea. It might give them a chance. It might get them to say, "Hey, that's something I never even thought of. It's coming from a different country. It's coming from a different perspective. It's a different idea." It is a book -- the priceless is less than a pack of smokes. It is a book that could help in whichever way they want. They can buy it and look at it and read it and just say, "Hey, yeah it was a good read," or "I didn't get anything from it," or they might say, "Hey, I'm going to start attending to all my friends because I'm 30 and I don't want to be like him when he's 45." People could look at it that way. There are advantages to buying the book by all means. I think that people who do buy the book will see the advantages of what is in the content. You cannot buy experience and that is what is in the book. I have got 45 years of experience where like I have mentioned before I have dealt with near death experiences within my own life. I had the last rites twice. I have dealt with death of friends. I have dealt with relationship breakups. I have dealt with many obstacles that come into a single person's life over a period of the last 45 years and I have spoken to many people explaining about getting a coach here or knew about reading this book. These are things I feel would be a great advantage for people to get hold of. If it is the first e-Book they every bought, well hopefully it is not the last, but it might lead them to reading one of the books that I have recommended that they should read or have in their library or they take one of my 10 tips. The first tip I have put in my free 10 tips is to have a healthy mind and a healthy body. I am living proof of it. Three years ago when I have done Unleash the Power with Anthony Robbins, I have changed my whole diet. I have changed everything and it has just changed my whole perspective on life. I was just reading a book and getting that idea and then following my passion and following my desires. I tell you what, being fit and healthy is the best thing I have ever done. We take it for granted, but we have only got one chance. We have only got one life so it is great to have someone there that can -- the book is full of truth. It gives someone just one idea that could change their whole life or lead them to say, "Hey, that's a good book," or "I haven't read that, I should read it." They might read it and they might say, "Hey, yeah I've got to change something in my life." I think that is what my book says.

Bill White: Okay. Well, let me ask you this. What is your biggest moment in your life that if you could change you would and why?

Adrian McMaster: The biggest moment in my life probably -- well, I have [unintelligible] and I have done this and -- the biggest moment in my life I could change would be when I had a car accident when I was 5 years old because I was put in a coma for three weeks. That was when I was given my last rites, I received last rites twice. They nearly lost me twice. The reason why I want it changed is because I think there are a lot of things I absorbed at that time that has probably held me back in my subconscious that I did not realize until just within the last couple of weeks. I realized that it has been holding me back and stopping me and now I have come out, got over that, overcome that situation, and I am starting to look at life in a whole new perspective. Not that I would want to change anything because it is all right having hindsight, but looking back that is probably the biggest thing I would change, yeah.

Bill White: Okay. Well Adrian, it has been a tremendous pleasure to have you on the show tonight. Is there any particular message that you would like to convey to our listeners?

Adrian McMaster: Yeah, there probably is. I would like everyone to just realize that there are a lot of things stopping us in our lives and the biggest thing is fear. I found that if you make fear your friend, you might be a failure. Fear stops so many people from trying to achieve their goals because they look at the end results, "What if I were a failure?" I also believe that I should not listen to negative people. People should be around positive people. If you want to become a millionaire, hang around millionaires. If you want to become a great actor, hang around great actors. It is something else that I have written into my book about positivity and the power of fear. It has stopped so many people from being who they really are and I hope by just listening to what I have said tonight and to the people out there, do not let fear stop you achieve your dreams. Do not let fear stop you from achieving your goals and do not let fear stop you from living your life and making it the happiest thing you could ever have because we only get one chance. So, I guess that is the biggest point I would really like to mention. I would also just like to mention that your mind and body is such an important thing for your health and well-being -- to live your life to the fullest. I noticed with my health, it is the best thing I have ever done and this is a bit of a tip for you all fellows out there, if you are healthy and fit women are going to absolutely love you. That is not in the books. That is a free tip from me and it is true. I am speaking from personal experience. I have been testing the theory out and it does work. A healthy body and a healthy mind is so much respected and you get to learn to respect it yourself. So, Bill, I guess they are my final tips for tonight.

Bill White: Great. Thank you so much for being with us tonight.

Adrian McMaster: Thank you, Bill. Thanks for having us and talking to us down under. Cheers.

Bill White: Cheers. That was Adrian McMaster of singlelifeat45.com. Be sure to pay a visit to his website and read his book.

For more information about Adrian McMaster or any other guest speaker on Success Radio 11:11, be sure to visit successradio1111.com. That is success-radio-1-1-1-1-dot-com.

This is Bill White. May you be blessed. All the best.