

Big Brain Radio Show
10/29/05

(music)

D: Hey good morning. It's the Big Brain Radio Show. It's Saturday morning... Time to get ready for a great week with our Big Brain Radio Show. I'm Dr. David Stussy... you can call me Dr. D.

Z: And I'm Dr. Zena Xanders and you call me Dr. Z.

B: And we are the Big Brain Radio Show.

D: So Dr. Z, what do we got this week?

Z: We have a very special guest here today. We have with us Dr. John F. DeMartini.

D: Oh yes, Dr. John. We tried to record him up in Seattle and we had a little problem. But we're trying to get him now in Nova Scotia, which is in the other part of Canada...

Z: Are you there Dr. DeMartini?

JD: I'm there.

D: Isn't that the other side?

JD: I'm on the other side of the United States here ... the other side of the North America...

Z: Isn't technology great? Doesn't matter where you are, we can still communicate with you.

JD: Well yeah, I could be almost anywhere ... I could be off the planet probably tune in now. That's a BIG brain then.

D: Sometimes you are John. We ... now we'd have to catch you in Australia. Now we had this promo we want to play ... that we did for you that we want you to hear.

Z: Yes. Here we go. Hang on one moment.

D: This promo we were using last week and we're using it again this week so we get to use it twice.

Z: That's right. All of Minneapolis/St. Paul is hearing this.

D: Yes, John ...

(promo: D: We aren't here to argue or convince, just to inform and inspire.
A: This week on the Big Brain Radio Show an incredible researcher, writer, philosopher and healer, an international speaker who really lives the big brain life. He'll tell you how to take any sensory input and it's motor response and turn it into a big brain memory, a big brain experience, or a big brain bonanza. He lives on an oceanliner called "The World" whose inhabitants are primarily billionaires. It sails the world to new ports and destinations weekly, often without him because he teaches 345 days a year, all around the world. He's in such high demand he consults with some of the most powerful and successful people in the world. But when he's with you, you feel empowered by his humbleness, knowledge and love. His connection to everyone is almost mysterious. An amazing person – Dr. John DeMartini. Make sure you tune in to listen.

D: You know, I love this radio station. It's so radical.

Z: Actually, it's intellectually stimulating.

D: 11:00 a.m. this Saturday on AM 950 Air America Minnesota
end promo)

JD: (laughter)

Z: What did you think of your promo?

JD: That's wild. (laughter)

Z: Isn't that great?

JD: I wouldn't mind meeting that character.

Z: Oh, she's a piece of work. You'd love her. Thank you Diana.

D: I think he meant the character we were talking about.

Z: Oh, oh, all right. Well what about this ship you live on and this lecturing 300 plus days ...

D: And the lifestyle.

Z: Yeah, tell our listeners a little bit about you and your lifestyle and what you're doing.

JD: Well, I just love what I do ...

Z: What's your mission here.

JD: ...and do what I love.

D: That's for sure.

JD: And since I was a teenager I dreamed about being a teacher, healer and philosopher, and traveling the world and step foot in every country on the face of the earth and sharing my heart and research with people. And I've been blessed to do that. And I just do ... I figured that ... when I heard about the ship, the World, I thought well God, it goes to every country on the world, this would be a perfect place to live. So when I'm in-between my speaking I can ... I can travel the world and introduce myself to more people and actually come out and speak in a different part of the world.

Z: Didn't you used to say that the world is your home, and the countries are just different rooms in the house?

JD: Yeah, I said the universe is my playground, the World is my home, and every country is a room in the house and every city is just another platform I get to share.

D: That's been your affirmation for years and years, hasn't it?

JD: Almost 20 years.

D: So when the World showed up, I think you just had to do that.

JD: Well, when the World showed up I thought "perfect."

D: Okay, well we want to hear more about in just a minute ...

Z: Hang on, come back, we're going to hear more from Dr. John DeMartini who lives in the world and on the World, and is the founder of the DeMartini Method: The Breakthrough Process. This is AM 950 Air America Minnesota.

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D: All right. Welcome back to the Big Brain Radio Show and we have our fantastic guest we've been already talking to and if you've been listening already you know that we are talking to John DeMartini... a philosopher, teacher, healer extraordinaire. A studier of the mystery schools.

JD: (laughter)

D: I don't know if we want to get into that...

Z: I think we wanted to ask Dr. DeMartini ... we wanted to share our philosophy on the Big Brain Radio Show and ask him to comment from his point of view on our philosophy. So Dr. D...

D: Well the big brain philosophy is to highlight the distinction between our brain, which entertains all our sensory input as human beings and stores it for our survival and gives out what's called a motor response and that takes care of everything ... it does things... and it can be something we've learned or it can just be automatic. A lot of times we don't have to think about it. And then the big brain is really our mind, which is also has sensory motor input and it's the ... what we call the metaphysical reality. And so we have a physical and a metaphysical reality and we say they operate by the

same laws and rules and the reproducible, which I don't think you would disagree with ... and then we have a thing ... Well, talk about that first.

JD: Well, I'm a firm believer that I ... I always say that our physical body has five senses that pick up on solids, liquids, gases and plasmas, which are nothing but vibrations through our tactile and feeling and our smell and taste and audio and our visual... and that information goes in to our ... you might say our centers of our brain and then come out with responses or reflexes or reactions and that's one part of us... that's our reactive self sometimes called. And then we have a mind. And just like you said, as a sensory motor side it has ... receives ideas, awareness and attention and it gives off in a sense thoughts, will and intention. And as Roger Penrose said in his research on the brain, he says we have a sensory motor function of the mind. And so what you're calling the big brain and the mind, I see is synonymous and we literally interact... the mind interacts with the brain through a quantum effect phenomenon and it can influence our reactions and change our reactions in our brain or we can transcend those reactions and override them with our intentions. So we literally have the capacity to let our senses run us. I call it the "finiteness of humanity" if we let our senses run us. Or we can let our soul, or our higher dimensional aspect – our inner-self run us and that's the infinity-divinity run us. So our mind has the capacity to attune to the finiteness of humanity or the infinity of divinity I call it.

D: Cool.

Z: Finiteness? Was that the word?

JD: I made up a word...

Z: Yeah like ...

JD: ...finiteness of humanity ...

Z: I've got it.

JD: ...or the infinity of divinity...

Z; That's very good.

JD: ...those are the words I play with.

Z: Finitivity.

D: You know, Buckminster Fuller – and I know you’ve studied him – when he talks about the metaphysical, what’s so great about it, it isn’t bound by space, time or anything. It’s... there isn’t any end to the dimension of it.

JD: Well it’s open ...

D: Yes.

JD: It’s wide. It’s ... we can’t put a boundary on it. As you’ve said, it’s an unbounded state. I always say that when we are listening to our inner-self, our soul if you will, which I call the spirit of unconditional love ... S-O-U-L... when we listen to that we’re in a timeless mind and ageless body. We’re in a non-local communication system where we have access to almost anybody, anytime, anyplace... and we’re present with them ... and that’s where we have that power. That’s where we’re empowered individuals that are inspired and capable of doing incredible things and awakening our full spiritual mission, our mental genius, our fulfillment in our careers, our financial possibilities, our loving relationships, our social power and leadership and our physical well-being and vitality.

D: You know the thing about ... John what you’re talking about ... because ... what you’re talking about you know you’ve heard people talk about it and it’s kind of airy-fairy, but they never are able to have it show up in their life. And the difference between you and other people that talk like this – at least that’s my perception – is there actually is something that shows up because you understand that these ... when you talk about non-local communication people kind of ... you know they start wondering if that possibly could be true ... but there’s actual rules and laws of the universe that function in that area and that they’re reproducible and it’s ... it’s not just something that happens by accident.

JD: I... you know I was in South Africa just this last week and it’s interesting ... a little over a week ago ... I was there and there was a gentleman who actually did this process, which I call the “DeMartini Method” on his wife. And he was considering leaving her. They were about to get a divorce. They had been living in separate locations and he’s just ... he said I’ve had it. He decided to come to this personal development

program I was putting on there called “The Breakthrough Experience”. Did this process ... this DeMartini Method on his wife, which helps dissolve misperceptions, dissolve baggage, emotional resentments and everything else... just clears the consciousness where there’s just a moment of freedom and you could say unconditional love for a moment. And all of a sudden when he finished ... and it was late into the evening when he finished ... he drove home, he got home, went to bed. The next morning his wife ... they lived in the same house but they were kind of separated in rooms. The next morning she got up ... she came in there and had him have pancakes and had breakfast and said I was thinking about you all into the evening, I went to bed and I just wanted to share this with you and It changed their dynamic non-locally ... it means even though he was in one part of the city when he was doing the exercise, he had a non-local influence on her and we hear this and see this every week when I do this process ...

D: And this happens ...

JD: ...and we literally have the capacity to influence people from what appears to be distance, but in actuality in the state of our heart and love there is no real separation. It’s called super position in quantum physics and entanglement and it’s a process that’s physically understood and can be applied and demonstrated.

D: Entanglement ... right there was just an article about that in *The New York Times* I think.

Z: I just wanted to clarify ... when you said he did this process on his wife, it wasn’t like a voodoo doll with little pins and needles. He was actually working on intellectual, physical, emotional, spiritual exercise with you, correct?

JD: What he was doing is he was taking the action steps or traits that she was displaying that he disliked and he was identifying them in himself ... we call owning his disowned parts ... and finding out where he was in his own life demonstrating them so he could, instead of judging her from a self-righteous perspective, realize in humble fashion that he was seeing a reflection of himself. ‘Cause the only thing that people can do when they push our buttons is bring out to our awareness what we’re disowning in ourselves. So he owned that. Then he identified how did those traits that she displayed serve him until he could say, “Wow, I see that they actually

serve me. I'm thankful that she's done this because I see how it actually benefited me." It's not a negative ... it's actually a neutral event until he had judged it. And then he found out where he has done the same thing to other people and how it served other people so it would dissolve any guilt of him carrying around that trait. And then he found out where that person had opposite traits so he didn't have a label and judgment that he had projected on to her. And then he found out at the same moment when she was playing out that trait who was playing out the opposite trait because he then realized in life there is a synchronicity of opposites that occur. Then he went in there and asked if she had played out the exact opposite of how she had been at that same moment what would have been the drawbacks to neutralize any fantasies or assumptions or nightmares that he thought were associated with her. When he was neutral he just realized that, my god, she's contributed to his life ... he was thankful for her ... and saw that the way she was served him. And when we do, we open our heart and we're grateful instead of resentful. So the process was a science of transforming perception and emotion and turning it into a state of gratitude and love. It's _____ science that's reproducible.

D: We know that... and the you know the thing when people do this process ... it doesn't necessarily mean that everything is happy forever and ever. They may actually decide they're not going to be together, but it will be based on a reality, not some fantasy or some resentments that will just go with them to their next relationship.

JD: Exactly. I'm not attached to them staying together or apart. That's not my attachment. I'm interested in what's authentic in their heart. Because when they're authentic in their heart and they're true to their own values at that moment, they make the most powerful decisions and their integrity. And when you make integrity decisions like that you find out that even if you do break apart, if you will, you're doing it with a gratitude of what contributions you've made in your life during that period. In some cases that actually is a mechanism, a vehicle, a mediation. In fact since I chatted with you I was in Calgary just last week and I've just been asked to have this method being used in divorce mediation organization that's going to go across the world, as a tool to help mediate those smoothly and also to assist the children in realizing that when they think they're missing something in a family that's breaking up, where to find the new forums so they don't feel that there is a loss. So it's a very powerful methodology in

helping transform relationship dynamics in possibly a divorce to assist them in coming to another state of gratitude and move forward.

Z: That's fantastic John because there's a lot of heartache typically around divorce, for everybody involved.

JD: And that's what this company, which is called "First Choice: The Alternative to Divorce and Conflict" ... it's basically designed to do that. It reaches across the world and it's assisting people and they want to use this method because it's powerful.

Z: You know as a woman I know one of the things on a lot of my friends'... my girlfriends' minds ... is you know if they're not in a relationship or if they're not married, they want to be. And they're always saying "I've got to get a guy", "I need a man" and I think you had a really good example of a woman in a relationship situation that a lot of people could relate to.

JD: I'm not sure which one.

D: Well it existed in different forms I think is what they found.

JD: Oh, okay. Well...

Z: Yes.

D: She had everything she wanted ...

JD: You know I always say that when you're with the one you're looking for the many and when you're with the many you're wondering about the one ... kinda thing. It's called the law of the one and the many. And what happens is that we think that we're missing something when all of a sudden somebody leaves us or we have a broken heart ... we think... what we actually think we're missing and what we really discover is that every one of the traits ... Let's say you're dating somebody or you're married to somebody and they leave. Whatever you traits you miss are the ones you infatuated with and those traits, when they're gone in your mind, they actually surface through other people and other people pick up those traits, and you're surrounded with the same traits. There's never a gain or loss of the trait. Their just changed in form through different people. The wise

individual will see the new forums ... honor the forums ... not attached to the old forums through infatuation, which creates broken hearts, and liberate themselves and be free to be adaptable to the new forums that life is emerging. When they're doing that, they are free... they move forward in life. If not, they have baggage that they carry through their lives into the next relationship.

D: That's what I meant with the collapse actually gets rid of some of that bag... it gets rid of it.

JD: It dissolves the misinterpretation that there is anything lost. I always say to the master, with the big, big brain, nothing is missing ... nothing is gained or lost, it's just transformed. To people with a small brain, the cinches, they basically think that there is a gain and lost and they get addicted to the things that they gain or they get subdicted or pained over the things that they lost and they get in a sense caught in a squirrel cage of thinking.

D: I think all of us can see that because as we've gotten older we get to see how that really accumulates in individuals over a period of time.

JD: Well we end up with what they call baggage and that puts bags under our butt, our boobs and our jowls, if you will, and it puts ages to it ... it ages us. So...

D: John, I love the way you master words.

JD: Any time we have emotional baggage we are living in time and space and we age. That's the small brain. The big brain is where we actually have the ability of the heart to allow us to enter into the world of synchronicity and have a timeless mind and ageless body.

Z: I think we've come up with a new term... we either have a big brain or a pea brain. Count on John to come up with a new term

JD: Oh now a bib, big brain...

Z: A big, big brain.

JD: (inaudible)

Z: Oh good. Well hang on everybody, we're going to come back and talk more with Dr. John F. DeMartini and DeMartini Method and the Breakthrough Process. This is AM 950 Air America Minnesota.

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D: Welcome back to the Big Brain Radio Show. We're with John DeMartini, philosopher extraordinaire. And we've been talking about some very interesting ways of looking at the world. But the thing when John looks at them ... it's actually a very realistic ... the word is actuary I think is what you said. It's ... realism is actually reactionary and actuary is life in action.

JD: I always say that what we see in our small brain, our physical brain, and what we see with our senses is what we realize. And that's filtered by our value systems. So we only see a small smegment (if that's a word) of what really is.

Z: (laughter)

JD: And what actually is there, which is more than what we see is what I call actuality. When we... when we limit ourselves to what is realized by our senses we react to our realities. When all of a sudden we tune in beyond that and transcend that we get to have a glimpse of what I call actuality. Actuality leads us to act and reality leads us to react. Reaction is a form of disempowerment and action is a form of higher empowerment.

D: You know Dr. Z and myself, we both have done the breakthrough... and this takes part in our life every day. And it's very interesting ... because we had the same reactions that everybody has because we're human beings. But immediately we were able to look for the value and, you know, like the process you just kind of went through. We don't always do it in detail, but you can't ...

Z: What's the balance right away...

D: ...but once you do that, you just can't help but see it any other way... or try and see it any other way.

JD: Well you know since I was 18 and I was reading a book by a German philosopher, Godfried Wilhelm Leibnitz ... he wrote a book called "The Discourse on Metaphysics." And in that book, the first chapter, right from the ... right page one, he talked about what he called divine perfection and divine order. And he basically said that within the universe there's a higher order ... hidden order and hidden perfection that most people don't ever see. They don't know how to see it. And they're living in the small brain and they're not entering into the world of the big brain. And what happens because they don't see it, they miss out on the magnificence and they live in a world that's insignificance. And the people, he said, that did see ... had a glimpse of the divine order, the divine perfection that surrounded him ... the hidden order as David Bohem describes ... the implicate order ... what happens is that they end up having a life where they're inspired and they end up seeing the magnificence. And they function from actual ... the actual state, not the reality state. And they function from a higher level of function. They see things and see order where other people see chaos. As a result of it, they function from a masterful state instead of a... kind of a reactive state.

Z: You know one of the most important things that I learned in your breakthrough seminar is this idea about people having a set of values and how a set of values determines decisions and perceptions that we're making and having. In the big brain philosophy, we talk about something called health style. And what we're saying is that everybody has their own style and that their style is based on their values and that determines how they express their health in their life. Would you share with us more about this idea of people having a value system and how that plays out in their life?

JD: Absolutely. You know ... well everybody ... if you have a husband and wife walking in a mall and the wife's highest values are her children, children's education, children's health... and his highest values is business, finance and intellectual stimulation ... as they're walking in the mall she will be led to children's clothes. She'll literally see a store, there will be children's clothes, she'll run over there, she'll grab the man over there ... say come over there ... and she'll start having attention surplus order. Wake up and alive ...

Z: Attention surplus order.

JD: ...and he'll start going into attention deficit disorder going oh my god, here we go to the children's clothes again. And then she'll want to spend money on that because that's her highest values, and she'll see opportunities and see it. He on the other hand will be looking forward to go and go down to the book store, the computer store, or the men's store, and that's where he wakes up and has attention surplus order and she has attention deficit disorder. She doesn't want to go there. She wants to get a cappuccino or something at Starbucks. So what happens now is they're walking and they both see the world and their sensory world according to their values. They filter and alive on things that support their values and shut off on things that are a challenge of their values. So we're literally filtering the world through our senses according to our values and acting with our intentions according to our values, and therefore the opportunities in our life are really a reflection of our values and therefore our values dictate our destiny. And the hierarchy of those values dictate what we bring order to and what we have chaos in. The higher the value the more order, the lower the value the more chaos. And our life is really a reflection of that. And not only in our health selections and actions, and not only in our health decisions, but in all areas... financial, social, relationship... everything is based on those values. So if we know ourselves and we're true to ourselves and we love ourselves for our values, we have at least an advantage over being lost and injecting other people's values in life and trying to be somebody else.

D: And the opposite of that John is there are the parts of the values that aren't in our highest order but as we are aware of other people's values, we get to see where the opportunity in those, instead of filtering those out all the time.

JD: Well, I would say that if we're infatuated with other people and put them on pedestals and see them as perceived authorities in some form that we inject their values into our lives, and then we feel that we should, ought to, and supposed to change ourselves to match them, and then we require outside motivation to act those because we're going against our will and values. So what happens if we resent somebody we tend to be self-righteous to them and project our values onto them and think they should, ought to, supposed to and need to do things. And we're trying to change them against their values and will. And then... all the time we spend trying to change ourselves relative to others or others relative to us, is all this energy spent, which is a form of disempowered energy compared to being true to

ourselves and living inspired and putting our energy into something that we want to create. So what most people are doing is not living true to themselves. They're subordinating themselves to authority or super-ordinating themselves as authority and holding themselves back from living an inspired life.

D: All right. I could do that. You know when you talk about disempowered self and that creates a loss of energy, that really makes me think that a lot of what people say they're always tired, and they're not going ... that probably has a lot to do with how they're filtering the world out.

JD: There's no question about it. You take a person and have them in minutes lower their vitality level if all of a sudden you have them do things that go against their values, it won't be long before they're shut down. They're literally falling asleep almost. In fact, we had a gentleman the other day in South Africa that had "chronic fatigue syndrome" according to his medical physician. And it was interesting ... I sat down there, identified what his values ... what his life was demonstrating ... because your life really demonstrates your values... we went and identified his values and linked his daily actions to it by asking questions and asking how is that going to help him fulfill it. At first he didn't see it and as a result it was draining him. Once we looked and linked that and showed him how what he was doing could actually fulfill his highest values, his energy literally emerged right there on the spot ... literally in about a 40 minute period his energy and vitality went up and changed and he stayed through the entire evening and the next day without chronic fatigue energy. So what was interesting is that our perceptions, and therefore our actions, are correlated with those values and if we feel that world is allowing us to fulfill our values we feel vital, alive and we bring wellness. If we feel that everything is going against us, we get into chronic fatigue and we die. We literally let ourselves go because we're fighting the universe. And we're not here to. We're here to love.

D: John, we have to take a little break here but I just want to say on that linking... I remember you were at my office one time and you did that ... and my staff ... I still have staff members who remember it being one of the most powerful things ... because you had linked their jobs to their own personal values and it really just changed their life. We want to come back to and talk more about linking, about gratitude, about unconditional love and a lot more. So...

Z: Hold onto your seats. Go get another cup of coffee. This is Dr. John F. DeMartini, AM 950 Air America Minnesota.

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D: Welcome back to the Big Brain Radio Show. We have Dr. John F....

Z: John F.

D: ... DeMartini ... I've never used the F before.

Z: I like that F in there.

JD: (inaudible)

D: I'm not going to ask anything about it either.

Z: John F...

JD D. Fmartini... I like that ...

Z: I'm sure people have used your name. John F...

JD: I've been called everything imaginable and each one gives me a new personality I get to work with.

D: And I like the way you always agree with them.

Z: You know, this show is about health and obviously we're interested in people's health so ... John, you know there's so much obesity, heart disease, stroke ... you know these chronic, degenerative diseases of the aging. Do you think in our culture a lot of this really stems to people not living according to their values and dreams and mission and just their bodies shutting down? Are we anti-body in our culture?

JD; Well you know it's interesting you asked that. It's actually partly the opposite. I'm actually working on a book called "The Naked Truth" right now and it's about obesity.

D: Ooh, I like that.

JD: And it's interesting ... what we found is when we've asked people who are you know overweight or obese in some cases, what are the values and benefits you get out of it, the first thing they say "well there aren't any, I'm trying to get rid of it." I said, "I know, but what are the benefits you get?" They go, "I'm not, that's why I'm trying to get rid of it." I said, "I know, but you have unconscious motives because no one will continue to do something without a motive to do it. So what are the benefits?" And we had them list 75 to 125 benefits. And this takes a few hours in some cases. We have to sit down and write down benefits and they're shut off from it at first, and all of a sudden they awaken and they've got all these unconscious motives driving them to keep their weight. And what we find is when we come up with enough benefits so they can actually say thank you, I just came to my awareness of what my strategy is, we find out that the reason why they're keeping the weight on many times is because ... let me give you an example. We had one woman that was actually afraid to lose weight because the last time she lost weight she had an affair. So what she did is she almost lost her family, her economic base and everything. So she ended up putting on weight, cutting her hair, and making herself look almost frumpy and nonattractive to make sure she didn't have an affair. So when we found out the unconscious motive, that was one of the motives we found why she put on weight. We found another motive... that the only way she could keep her husband from being so sexually driven is she put on weight. So that's another motivation. We found another one is the only way ... we had another one that was like this: We had the mother telling her that she can't be overweight because her mother is overweight. The other time, her grandmother who ... she lived with both of them... was saying, eat, eat, eat, eat. Her grandmother lived in the depression era and didn't have enough food so she was promoting eating. The other one said "No I don't want you to be overweight." She wanted to be loved by both of them so what she was doing is overeating and vomiting and going to bulimia to please both of them. And what happened...

Z: Yeah I was going to say that sounds like bulimia.

JD: ... is her mother ... she grew up and moved away from her mother and still saw her grandmother and she gained weight from that day on. So what we did is we have these unconscious motives to drive this weight gain and we don't realize what it is. And many times the thyroid glands involved and hormones are involved, but I always say since the thyroid gland has a lot to do with our tongue, because embryologically it's derived from that, if we are saying something we regret, it affects our thyroid. And if we don't say something we like to say it affects our thyroid the opposite way. In other words, if we repress what we want to say it slows the thyroid down, if we say something we wish we hadn't said, it speeds it up. And that lowers our metabolism if we repress things we really want to express. So there's a lot of factors that are unconscious motives that are sitting there driving obesity. And when I uncover those, it's a real eye-opener. And once I uncover some of those benefits I then give them options on how to get those same strategies met that are not just eating. And when they do the desire to overeat goes down and the options to get those same strategies go up. And they free themselves from some of those extreme compulsive actions.

D: You know John we have to tell everybody that you are a sleek, surfer type guy, all right?

JD; Yeah, I'm definitely a thin, surfer guy.

D: Sometimes I don't even know what he eats.

Z: We think you maybe live on air. We're not even sure.

JD: People always say that because they never see me eat sometimes.

Z: I know you have like one blueberry for dessert. That's always been my thing I admire about you.

JD: Yeah, for dessert I love a strawberry or a blueberry or just a piece of fruit ... one bite of fruit.

Z: Jeez. Well the other thing we talk about on the Big Brain Radio Show is that we want life and people's experience of life to be regenerative, instead of always dragging people down. So how does the breakthrough, or the DeMartini Method on regenerating people.

D: Can I add one more thing? And the other thing is is that it has to be true to their own experience. It's just like we've been talking about ... instead of listening to some perceived authority or somebody telling them what to do, and not really looking into their own, well, value system, I guess ... what to see. And when they do that they optimize their health, which is a form of their style. And it evolves, which is what we want.

JD: Well I believe that we ... way down deep inside we have this incredible potential and what we do is we shroud it and veil it with seven basic fears. If you don't mind, I'll elaborate on those. I don't know if I have the moment to do it.

D: Go ahead.

Z: Please, go head.

JD: Okay, well the first thing that stops people from living in a self-actualized and a vital and regenerative life is they are afraid that ... they are not going to live their own values because they are afraid that they would break some perceived authority's values... spiritual authority values. So in other words they're afraid, "Oh my god, if I do what I really love to do and live the life I'd really dream of, then my god, the church... the authorities at church might not like me, or my parental, spiritual instructions may not be agreeing to it. And you're afraid of some perceived authority spiritually that you'd be breaking the morals of. The second one that keeps people from self-actualizing and keeps them down is the fear that they don't have enough intelligence... not smart enough ... they don't have the degree... their mind's not sharp enough... and so they are holding themselves back from what they really love to do, which is part of what vitalizes their life. The third thing is they fear that they might fail if they go out and do it. And they may not succeed at it. The fourth thing is that they might not make a living at it financially and they may lose money or go bankrupt or not afford and can't really afford to do what they love to do... they won't make enough money. The next one is they fear they might lose their loved ones if they go and do what they love... and they'll lose their kids or their family or their husband or wife. And the next one is that they fear they get rejected by society and social peers. And the last one is that they literally will interfere with their health or they don't have the right body or they're not tall enough, smart enough... I mean ... good looking enough... or they don't have thick enough hair or something physical. And when they have all those veils and

all those fears stopping them in their life, what they do is they start accepting ... I'd say mediocrity... and start accepting something that they inject by other people's values so they fit in. And they let these fears, you know, cloud them. And their vitality and their body signs and symptoms are really trying to give them feedback to break loose and to break through so they can really live a full and self-actualized life. But their fears are stopping them. And that has a lot to do with our vitality and our regenerative abilities. Whether we let fear and guilt run our life, or whether we let love and inspiration and gratitude run our life.

D: We have outlined on the show here for individuals ... once briefly and once in detail ... your methods of finding their values... because they have to identify those in order to even handle those fears I would think.

JD: Absolutely. You know, I'm sure you went over them but it's basically how you fill your space. The way you determine your values is how do you fill your space. If you went to my office, you'd see books, so I'm a researcher. How do you spend your time? Just look at how you spend most of your day. How do you spend your energy? How you spend your money? What do you think about? What do you visualize? What do you internally dialog with yourself about? What do you externally converse with other people about? What do you react to? And basically, what are your goals? And if you look very carefully at your life, those are demonstrated. They are real live demonstrations of what's important to you. When you're really true to yourself, you'll understand why you react the way you do and why you frown or smile when you are going through life. And it's important to know. It's like Apollo and the _____ Oracle was trying to say when Socrates was writing about it: Know thyself. That's the key.

D: You know ... um... I want to kind of just draw a little bit of this together. One of the things ... when I think of you John, is about gratitude. And one of the lessons I learned is ... you know I do a little gratitude thing in the morning, but it's ... it took me a while to figure out that I had to be ... have gratitude for everything, not just the things I thought was good.

Z: (laughter)

D: And once I started doing that, there was a huge change, because it included everything. Because one thing I always say to myself that I learned

from you is nothing is missing. And when that happens, we ended up with ... Dr. Z and I would like to hear you talk a little bit about love.

JD: Well, I always say when you're with somebody ... if you have a parent that has a child, that parent loves that child pretty well no matter what. I mean it has times in that it likes the child's actions and times when it dislikes it, but in the heart, it just loves the child. And that same love, we can have for life. We can have things that support us at times and some things that challenge us at times. And the things that support us that we think is really nice, actually is sometimes mean because it makes us dependent. And the things that challenge us we think as mean is actually nice because it helps us become independent. And we need both. We require both support and challenge. We almost need both kind and cruel around us to make us a whole person. And that's why I always say that the positive and negative around us are really gifts because they make us whole. And a person who sees that both sides are necessary and embraces them equally is a free person, because they are not attached to one side and addicted to one side and sub-dicted from another. So I always say that one who can embrace both sides of life, the attractive and the repulsive, is a person who's free and is able to adapt to life. I always say when you're with somebody, if you're standing there... sometimes you're attracted to them and other times you're repelled. And when you're going back and forth in attraction repulsion, I call love-making. You have an image of somebody attracting, repelling, attracting, repelling, (inaudible)

D: We'll have that be a visual... everybody has a visual on that one.

JD: I always say if you increase the frequency of that you eventually get to go and say "Oh God"... you get kind of a spiritual experience.

Z: (laughter)

JD: (laughter)

Z: That's cute. And I think you say love is the synthesis of all opposites?

JD: I say that love is a synchronicity and synthesis of all complementary opposites. And that is so ... I know that sounds abstract, but it so profound when you go and delve into the depth of that. Tom Sequonis, the philosopher, addressed this and many have written about it ... but when we

realize that everything that's going on around us is being complemented by something of equal and opposite nature and they're simultaneous, we realize that we're just literally surrounded by a beautiful matrix of love. I call it the inborn intelligence of the universe. And we are literally enbathed in a loving event... and all else is illusion. So I always say that whatever we see, if we don't see love we have to look again until we realize that we're grateful with love.

D: That's what we were talking about earlier. How if you want something it's prob... it's there, but it might not be in a form that we recognize or have and acknowledged.

JD: Well what we do is we think something's missing but it is truly there. It... when I asked ... when people come up to me and say, "Well John, I'm missing this" I say "What exactly are you missing?" And he gives me this answer... or she gives me this answer ... and I say "Well, what form is it in." And they say, "Well it's not there." And say, "No, look. What form is it in?" Then they scan and they go "Oh my god, it is there." But it's in a form that doesn't match the fantasy. And it's our addition to fantasy that actually creates our nightmares. I'm working in a book right now ... it will be out in February ... called "I Gave Up On Happiness For It Made Me Too Sad."

Z: (laughter)

JD: And what's it about is basically the fantasies that we strive for ... that lead to our nightmares and our depressions in life ... and how to set real goals ... real love lists as I call them ... that are true, based on your values, that are congruent... that are realistic ... that are balanced, which allows our body to heal and our big brain to awaken.

D: You know and that form that they're in may be the best form for them to be in at that time. You know our innate ... you know us chiropractors we use the word innate had a sense of that.

JD: Well that's exactly it. Our real, true, unconsciously motivated values inside are directing the forms they're in, but the injected values for perceived authorities that we think we're supposed to be living by... that we're trying to envy and imitate ... those are the ones that are actually making us

addicted to things we think we want, when in actuality we are creating it the way we truly have in our heart inside.

Z: In a few minutes John we're going to come back and talk about an opportunity for people to actually do your breakthrough course... your DeMartini Method and the Breakthrough. And I just want to put it out there before the break ... what kind of people should do ... should do the breakthrough? Or what kind of people is it for? And what can they expect?

JD; Well you know... seeing there is all different types of people. I mean I have young people... there are teenagers that are trying to get through college or school... and they're wanting to get new skills on how to breakthrough and use their mental capacities. I've got mothers and fathers that are at cross roads and they're having relationship issues that want to breakthrough. I've got executives that want to get past the plateau... their plateaus in their business and want to get a bigger vision. I've got other people that are, you know, are in sports that want to go to new levels. I've got other people that are just saying I'm wanting to go through a career change and I want clarity. I've got ... I mean there's all different types of people, all different ages, that come to the breakthrough experience. I wish I could say it was one type. But it's really ...

Z; People who are in crisis.

JD: ... it's for anybody who really wants to breakthrough limitations and things that are holding them back and want to be clear about where they want to go and how to get it.

Z: They may even be in a crisis in their life, or grieving something... that would be appropriate for them as well?

JD: Sure, if that person has had a death in their family, or if they've had a loss of a boyfriend or girlfriend, or they just got through a divorce, or one of their kids just went off to college ... There is a tool and method for each of those issues...

D: I think you just said...

JD: ...And I try to do what I can to help people with as many methods and tools as possible to help breakthrough whatever's in the way of their goals.

D: I think you said in Africa there was a whole family, wasn't there?

JD: We had a whole family there. It was really beautiful to watch the whole family to interact and clear up a lot of miscommunication and baggage and missed expectations they had on each other.

D: So couples can do it... Because I think sometimes people are afraid that they're ... that something's going to be exposed or something like that.

JD: No, no, it's not that. When anybody opens up there, there's nobody forcing them to do it. They just open up because they want to share. But what's interesting is ... it's interesting that people think they go there by themselves... they want to keep things to themselves. But the people who get the most are usually the people who do bring their spouse or their partner. It's not necessary, but a lot of people do it and they're just very thankful that they do because they now have something to communicate ... a new language, and new skills to communicate with.

D: One thing you always said is when your private self becomes public... that there's some sort of transformational change.

JD: Well what happens is we go through life and we set up these idealisms. Albert Einstein said some of the idealisms are the source of human suffering. We set up these idealisms of trying to be happy/never sad, positive/never negative, give/never take... and all these one-sided lifestyle states. Whenever we find ourselves having both sides we beat ourselves up because we think why am I not staying in this one-sided world. And what happens is we end up polarizing ourselves into when we do act that way we feel good and proud and when we don't we feel ashamed and guilt. And we bipolarize ourselves. That's why we're on so much Prozac and bipolar medication. So I always say, as long as we're setting up false expectations in ourselves, we split ourselves apart and divide ourselves in the public and private masks that we wear. And I think it's about taking the private public and being able to integrate ourselves and embrace both sides of our life, both publicly and privately.

Z: Hold on. If you want to know how to participate in the DeMartini Method and the Breakthrough right here in Minneapolis/St. Paul, we're going to tell you those details right after this.

D: I can't wait.

Z: This is AM 950 Air America Minnesota.

(music)

(music)

D: Hey, welcome back to the Big Brain Radio Show. It's Saturday morning and we are having a ... I'd say...

Z: Hee haw.

D: ...we're having a breakthrough...

Z: We're having a breakthrough here... I'm loving you more every minute Dr. D.

D: What's a yee haw?

JD: I think what we've done is we've exploded the brain.

Z: Didn't you know one of my values is to be a cowgirl? I've never shared that before.

D: I thought that was _____ your sister.

JD: A cowgirl? A concourse of wisdom girl I call it.

Z; Yeah, okay, there we go. Well we just want to wrap up the show. We're so grateful to have you on the show today. And I know all of our listeners are probably wondering how can I learn more about this? Where is Dr. DeMartini going to be bringing his World ship? And how's he going to get to the Great Lakes here? But we are going to be hosting you here in Minneapolis on December 10th and 11th. The Big Brain Radio Show is hosting the Breakthrough with Dr. John F. DeMartini, the DeMartini Method, Minneapolis Hilton Hotel. Tell them some more Dr. De.

JD: Well I'm going to be coming in to do the program that I do all over the world called "The Breakthrough Experience" and what you can imagine is basically... let me go back. When I was 17 years old I met a 93 year-old wise man that helped me identify my mission for life. And it was such an empowering experience... such an inspiring evening meeting this man and identifying it ... having become an epiphany ... that I dreamed that some day I could do the same thing for other people. So the breakthrough experience, in a sense, is my attempt to do what that man did for me. And what I do in that program is I spend two days with people and I do whatever I can during those two days to help them breakthrough whatever's in the way of what they really, really love to do and how they want their life. And I give them principles that literally shatter myths that people get stuck in... and help them see life from a different pair of eyes... new perspective that his rejuvenative. And also give them a tool ... the DeMartini Method ... on how to breakthrough and how to dissolve stress and see apparent ... see the order in what appears to be chaos in life ... and help them resolve conflicts, help them empower themselves, help them heal. I mean this tool is so applicable, it's being used in so many different areas of life, it is just a powerful tool you use the rest of your life. You learn how to do it and you have it for life. And it can basically help you dissolve the conflicts you got in your life inside you or with any other people ... help you break through myths that you have and expectations ... and help you clarify and have more certainty... more presence ... more clarity. I mean there are just so many benefits that come from the method. And then I teach on the Sunday... we basically ... after we've cleared the consciousness, we've broken through some myths, we go "okay, now what do we want to create"... we get really clear on what our mission is and how to strategically go and manifest that and create that. Because we don't serve the world by shrinking, we serve the world by shining and the breakthrough experience is about breaking through and moving to new levels and shining and going on with life. So it's a two-day experience that I can't put in words as easily as I can in your experience when you come. But ... all I know is that I've had people from all over the world in many, many countries come and they say thank you at the end. And they have tears in their eyes. And there's a lot of love in the room. And a lot of awakening and realization.

D: Well John this segment is usually called "Stuff that Works" and of course, we think the Breakthrough is stuff that works. And stuff that works for us is things that we know work because they're based on the principles

of the universe: physical and metaphysical. And the breakthrough is definitely that. So ...

JD: Well that's my life's work. That's definitely my commitment to it.

D: And you know that and part of that always lives with each one of us. And that's the way it would be with anyone who participated in the breakthrough. And it's different for everybody. Somebody might have just certain changes and over a period of time they're going to see more and more as a result of the breakthrough. And then some people have miracles. And what's your definition of a miracle John?

JD: I define a miracle as simply somebody who taps into these universal laws and applies them. A miracle is not a miracle to somebody who knows the laws. It only appears to be a miracle to somebody who hasn't been acquainted with them. But their application of the basic laws of the universe. You now, I had a young man that was at the breakthrough in Johannesburg the other day that was 18 years old that was clinically depressed according to his psychiatrist. He was under medication for bipolar disorder, had had some major letdowns in his life according to the thing... his psychiatrist. His parents were concerned about him, he was suicidal... had attempted it twice. It was this kind of thing. We sat down in the breakthrough experience and I had the opportunity to sit down with him privately, and we took every one of his fantasies that the psychiatrist seemed to overlook because he was dedicated to medication instead of actually contemplation and looking at what's going on inside his mind ... And we went in there and found out the fantasies that he was comparing his life to ... that he had no hope in this life to match the fantasies, because they were unrealistic. We went in there, cracked the fantasies with the DeMartini Method... just dissolved them... and liberated this depressed person. And it was really amazing. You know I got to be there another two days before I left the city and the parents called me said "We've never seen anything like this. He's like his energy is back... his vitality is back." I said because what he was doing he was comparing his reality to fantasies and as long as he was addicted to these fantasies, his realities would never live up to it. We ...

Z: Yeah, that would be depressing.

JD: ... cracked the fantasies and we freed up his realities and he was a vital young 18 year-old kid ready to live again. And this is the kind of thing

we see in the breakthrough experience for people who've had those types. But there's so many benefits. I couldn't even liberate them all in 5 or 10 minutes.

D: Well it's at the Minneapolis Hilton Hotel and it's December 10th and 11th and... what time does it usually start? About...

JD: About 8:00 in the morning on Saturday and goes to however late it goes. It could go all the way to midnight. And then it goes back about 9:00 in the morning until about 6:00. It's intense, it's electrifying, it's ... you certainly are going to be awake and alive during this time.

Z: And if you want to register for the Big Brain Breakthrough, you can contact us at our website, that's info@bigbrainradioshow.com. You can register there for the breakthrough.

D: And also you can call Kris, that's with a "K", at 952-935-8099.

Z: Say that again.

D: 952-935-... oh I said it too fast.

Z: A little too fast. 952-93...

D: 5-8099

Z: 8099

D: That's numerology.

Z: That's great. And we'll be on every week between now and the breakthrough to be telling you more about it. John, I had just a sweet memory as we were talking. You know it was 10 years ago that I did the breakthrough for the first time. I came with my little baby... my brand new baby, Lily, she was one-month old. I was breastfeeding her in the back of the room. Do you remember that?

JD: I remember.

Z: Yes, and I'm just thinking one of the things you had me look at to be grateful for ... one of my biggest issues were all these all these poop diaper and you told me ... there's a blessing in those poop diaper. And I'll tell you what, I would give anything now, 10 years later to have one of those little poop diaper. So it's true. It can be as simple as that. Really appreciating every day.

JD: Well now you get to have that poop diaper in a different form in life.

Z: Yeah, I can say life still gives me a little poop so I guess maybe I should come back and review again.

JD: I always say that poop is nothing but fertilizer for the mind.

Z: (laughter) That's just great.

D: Well John, we're limited by time. You know we should tell people it costs \$777.77 and that you actually haven't changed that price in 15 years.

JD: Yeah 17 years.

D: So it is an incredible ... whatever you have to take ... people get loans and stuff for money for some of the most ridiculous things...

Z: And we take credit cards.

D: And we take credit cards. And if you need inspiration, just call us personally, we'd be happy to talk to you. And your website... why don't you tell us quick. We've got about half a minute left here.

JD: Well the website is www.drdemartini.com.

D: John, you have ...

JD: Or just go John F DeMartini, either way it gets there.

D: And then contact... we're going to post it too John. Hey John, have a great time in Australia. We think about you every minute.

JD: Well thank you Dave. And thank you Zena.

Z: Yes, thank you.

JD: I really appreciate the opportunity and God bless all of what you're doing.

Z: It's a great day here at the AM 950 Air America Minnesota. We're the Big Brain Radio Show.

D: And goodbye to one of our biggest big brains.

Z: Thanks John.

JD: Thank you.

(music)