

Big Brain Radio Show
10/8/05

(music)

D: Hey, good morning. Welcome to the Big Brain Radio Show. We've got a special show today. We're going to actually talk about something that's near and dear to everybody... and what is that called? Well, first of all I want to introduce myself...

Z: Well, it starts with the "r" word.

D: The "r" word.

Z: The "r" word.

D: First of all, I'm Dr. David Stussy. You can call me Dr. D.

Z: I'm Dr. Zena Xanders. You can call me Dr. Z.

D: And we are ...

B: The Big Brain Radio Show!

Z: Okay.

D: So what's the "r" word?

Z: Yeah, what's the mystery subject of the day? Well have you ever really had to work with somebody? Have you ever fallen in love with somebody? Have you ever met somebody?

D: Have you ever had any children?

Z: Ever had any children?

D: Any clients?

Z: The common denominator ...

D: Everybody that you have to get along with in the in-laws?

Z: What's the common denominator?

D: I think they call that a relationship.

Z: Ohhhh... it's the 12-letter word. How many letters does it have?
Relationship.

D: Well I have something interesting about relationship.

Z: What's that?

D: Well, the word relationship comes from the word "lat" which means side. And you're a doctor... you know latisimus is the muscle on the side. Okay....

Z: Okay.

D: And "ation" is an action of so on the actions of the side of you ... of your personality ... and "re" means to repeat. So you get to repeat the sides of yourself that you have to have action with. And that's what a relationship is. So relationship really is about you.

Z: Did you say what "ship" ment?

D: Well ship... everybody knows about a ship ... ever had a relationship that went down?

Z: Like the Titanic kind of relationship.

D: Or if it gets real light it goes up. Like a ship into the sky.

Z: Oh, like a space ship.

D: Yeah, so ...

Z: A rocket ship.

D: A light fulfilling relationship goes up and a heavy one goes down. Okay. Go ahead. You were going to say something more about ...

Z: Well how does this relate to the big brain part of our show? The Big Brain Radio Show.

D: Well, all of our relationships are really based on our sensory input ... what we perceive. And I can go back to the fact of our evolutionary health style ... we say health style is based on the fact that our styles have to do with our values. And everybody has a hierarchy of values. And that hierarchy of values filters what we let come in... what we sense. If we see something that we like that's okay so we call it good. If we don't like it we call it bad. But all our relationships are based on our ability to sense or have a sensory ... you know how we filter it. And then we have an action or a reaction about what we filtered in. So our relationships are really based on our values.

Z: Well based on our perception through our sensors and then mapping on to our values.

D: And then a motor response, which if they are an action or an intention ... or a reaction ...

Z: A kiss. A punch.

D: Well... a reaction, yeah. Or he's good or she's good. She's bad. Or ...

Z: Judgment

D: ... she did me wrong or he did me wrong... What about the music today?

Z: Don't you think there's a lot of misconceptions about relationships?

D: Well I think that's ...

Z: Are we going to try and clear a few things up from a big brain point of view today?

D: I think that's what we're getting to.

Z: What do you think is the number one misconception of relationships?

D: That there isn't a law or a principle behind them. That they're magical and they just happen.

Z: And you can never figure them out.

D: Right. And actually that's a good thing that you brought that up because today we're going to talk about principles and laws that actually function ... Remember one of the basis of the big brain principle like you ask is the physical and metaphysical world works on real principles. Whether we like it or not, that's how it happens. And sensory input and motor response are there. They are real. Our values are real and they determine how we're going to respond to the world and people do not stop to think about it. In fact, if you ask a lot of people what their values are, they probably don't even know. And even worse off you ask them what the values of the person they are in a relationship was.

Z: So if you really want to have your handle on an effective and productive and fulfilling relationship you could actually harness the principles ... master the principles ... and have an effective and rewarding and fulfilling relationship.

D: Yes because every relationship is designed to take you to the parts of yourself that you love and the parts of yourself that you don't love because you get to ... you find those in a relationship ... and we fight that when actually it's ... actually one of the pluses of a relationship is to find those parts of ourselves that we weren't familiar with, because of the other person's values.

Z: Our disowned parts of our self.

D: Our disowned parts.

Z: Seem to show up in the people around us.

D: In fact the things that we value the most are the most organized. And our disowned parts tend to be the most disorganized.

Z: Like our dark side and our good side and our bad side.

D: You could call it dark.

Z: Well we're going to call this Relationships 101 today because there's a lot about relationships, so we're just going to skim the surface... introduce the introductory principles today.

D: It is fascinating ... when you get into it and you actually start looking at it. By the way, we're teaching ourselves too... it's not like we're experts on relationships. But we have discovered some things ...

Z: We teach what we need to learn, right?

D: You know because I deal with so many patients, you know that's a relationship and this is ... if you don't discover the patients' values ... and I may have my values, if I don't communicate those values in terms of their values, they're not going to get the benefit of what I have to offer.

Z: So when we come back we're going to start talking about our values. Because it's from our values that we know ourselves, what's important to us and then how we relate to others. We want to invite people to join in the conversation today. If you'd like to talk about relationships... If you hear anything that sparks your interest today ... get your pencil out. This is the call-in number to the AM 950 ...

D: We're going to do call-ins?

Z: It's 952-946-6205. One more time... 952-946-6205. If you want to join in the conversation about relationships today. Who's this? This is AM 950 Air America Minnesota. Come back. Let's talk about value and relationships.

(music)

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Z: Oh, relationships are wonderful, aren't they?

D: Isn't that how they start, huh?

Z: Sometimes you need a miracle in a relationship.

D: Well, you do need a miracle but you need ... excuse me I apologize ... you need a miracle but miracles happen to those who understand the principles of the universe.

Z: Oh pray-tell what principles are we starting with Dr. D?

D: Well we're going to start just remembering what we said. Is that we all have a brain that takes in all our sensory input so everything that's around us we have an input to. And we all have different inputs and we're all totally different. Nobody is the same that way. And then we have a motor response. Then our mind – our big brain – takes that and creates kind of you know unique ways of responding...

Z: An interpretation, a synthesis.

D: Yeah an interpretation, synthesis. And so when you can ... and one of the things a mind needs to do is how to perceive values and then interpret how to use those values and then apply them to your own values so things work. And then, like I said, we have ... there are laws and principles that govern the relat—the world. And we all have a ... we tend to have a left brain that serializes everything. So we put these values in a hierarchy system. You know the most important to the less important, then the fourth and fifth and the sixth ... and they filter that out. And that filter determines either we're going to accept, modify or reject or make a comment about it. And later on we'll talk about how that actually leads to a thing called morals and ethics. But take for example if you see a couple walking down the ... they're at a shopping mall ...

Z: Mm hmm

D: And they're walking along ... she sees ... what do you think she sees ... depending on her values ...

Z: Shoes! (laughter)

D: She sees shoes. Now we're not trying to stereotype because I see shoes also.

Z: Oh, right.

D: And... but a lot of guys would be seeing ... they wouldn't be seeing the shoes they'd be seeing Forbes Magazine or something to help their business or something to make them smarter or something to get them more productive, or some sports ...

Z: Don't get in trouble now stereotyping here.

D: ... sports shows.

Z: It depends whatever you're interested in is what you're going to see.

D: Yes, but we should use examples I think. Or if there were kids along they're going to see what?

Z: What would kids see at the shopping mall? Toys.

D: Toys. So it can add to a little chaos. But actually it adds to the interest once you understand that everybody has values and how do you integrate those. And the fact is she won't even see what he sees and he won't even see what she sees. I mean it's that definitive. This is where I think everything starts breaking down because we just kind of assume ... remember those first relationships when you just kind of assume they knew what you wanted or ...

Z: You mean like the honeymoon period where you think you guys have the same brain and you're one spirit and one body and then something happens and you realize that you've been betrayed... that they actually are a separate human being with their own thoughts and ideas.

D: Well you weren't betrayed, you just didn't understand the values. But we will talk about that later too. Betrayal...

Z: You set yourself up for betrayal, actually ...

D: Yeah, you do.

Z: ...by not realizing that the other person's value system is going to be determining all their actions.

D: Yeah, that's ...

Z: So to not know that is really quite stupid in a relationship.

D: That's advanced relationship...

Z: Setting yourself up for heartbreak. Okay that's Relationship 102 ... we'll save that.

D: No, we'll probably get to it today, I think. Anyway, so, when you project ... what you do is you project your values on other people and then you create a response that you expect. And that response is should have, could have, would have ... like that ...

Z: Disappointment.

D: Disappointment. Or you can project the values onto yourself and you can be disappointed in yourself because you don't live up to somebody else's values. So if you don't know your own values and you are on ... in a relationship and you are infatuated with that person ... How many people have been in that stage?

Z: Mm. They're like your everything.

D: Oh, yeah. You got brown hair, I got brown hair. Hey, she's got eyelashes, I've got eyelashes. Ooh, she has ...

Z: You better stop there. Okay what's the point? So the principle ... you're talking about projecting your values on other people so what's the real ... what's the principle here?

D: Well we don't stop to think the reason we're infatuated is all we see is their values that we appreciate ... that we can identify with. We don't even ... we filter out anything that doesn't even fit onto the land map because we're so infatuated and then when we're infatuated we actually start trying

to project our ... their values into our self like we ought to be a certain way for them. And that doesn't always work either.

Z: You know, I just want to play devil's advocate here a minute.

D: I was expecting that.

Z: Because there's also the principle ... the idea ... that your voids drive your values ... so you may end up with someone in a work or romantic relationship because they are exhibiting the qualities that you think you don't have ... that you wish you had ... therefore it attracts you.

D: That's the infatuation right?

Z: So it's kind of ... there's two different things going on. One is you're only perceiving through your own value system if you're not aware of it so you're only seeing what's happening over there that looks the same. But the other side of the coin is you're also being attracted to what you don't think you have.

D: Your disowned part.

Z: Your disowned parts. Boy this ... no wonder relationships are so complicated. It's kind of complicated just to talk about it.

D: You know that has a value because that does fill a void for you and you get a chance to experience it. But the problem is I don't really think that we know our values ...

Z: Well how do we find out our values? Let's do that.

D: That's a good question. Now we did this earlier ... just as an introduction to health styles because health styles ... health is your optimal number of regenerative forward action days ... and I think relationships are a big part of that one. So we said style is your values ... so we did go through this briefly, but let's just go through it with a little more detail today.

Z: All right. If people want to get out a little piece of paper and a pencil... jot down a few notes ... or if you want to call 952-946-6205 ... to join in ...we're going to do a little exercise on your values.

D: So your true hierarchy of values are present as how do you fill your space... Like with me, there'd be a lot of books in my space.

Z: This is how you identify what your values are?

D: Mm hmm.

Z: These are some tips.

D: Yeah, you can look to see your hierarchy ... your values are determined by these things ...

Z: So how you fill your space is the first one?

D: Yeah, what are some other examples of that?

Z: Well let's just chat about that for a second. So what might people find in their space that would say something about their values?

D: Well you said shoes... if you got a closet full of shoes you probably put a high value on clothes and how you look, right?

Z: Aesthetics or beauty ...

D: Clothes...

Z: Or if you have a lot of books or records around ...

D: Guys with cars...

Z: Music...

D: Music... reading, computer, education ... might have a high value on having a lot of books around and reading.

Z: But the thing isn't the value. The thing represents the value.

D: Yes.

Z: So if you have a lot of books around one of your values may be learning or education or knowledge.

D: Mm hmm. Excellent. Right. Remember I said my mother used to keep all the editorials from the newspaper and you didn't dare throw those away until she had read them. She'd have a stack. Of course it got me through Civics... got me an "A" in Civics because she understood what the editorial stood for and I had no idea.

Z: And what about a guy with like three fancy cars? What would be his value perhaps?

D: Um... he could appreciate control. It may represent something to him that he may not have had as a teenager that he can have now...

Z: Affluence.

D: Affluence...

Z: Prestige or...

D: Maybe he wants ... yeah he wants...

Z: Precision instruments

D: ... He wants to show that he's made it or something like that.

Z: Success, okay.

D: So that's important to him though.

Z: Right.

D: And there's nothing wrong with having a value of like ... if ... because once you feel like you've represented it, then you get a chance to see that maybe it wasn't what you wanted anyway.

Z: So that's one question you could ask yourself... is how do you fill your space. What's another one?

D: Well another one is: How do you spend your time? What do you take up? You know people say well I just love my family, I love my family. Well what do you do all day? Well I work 16 hours a day. There's something ...

Z: (laughter) That's another thing about your values is you've got to see what the person's ... what are you doing, not what you say.

D: Yes.

Z: It's the part that they walk their talk, not just talk in the talk.

D: You got it.

Z: So they say that family is important and yet they're never home.

D: Right. So, how do you spend your time? What do you occupy your time? When you have free time, what do you do when do that? What's important to you?

Z: So we're looking for clues because often times people don't ... they think they know their values, but they don't really... they're missing it. So you can look for clues in your life... what your values are ... by asking yourself these questions.

D: And I have a suggestion here... don't make the big relationship and start making the lists for you husband ... or your other ... start making it for yourself first. We're always trying to fix everybody else. You know sometimes when they say do you ever find that perfect mate and then you spend the rest of your life trying to fix 'em?

Z: Oh, yeah, their potential.

D: Their potential.

Z: They have a lot of potential.

D: And then we're in for some disappointment.

Z: So you can't hook up with another person on their values until you know your own values. So that's the exercises you're doing this on yourself.

D: By the way... it's always going to be this way. It's never not going to be this way. Everybody has their own values ... their own hierarchy of values ... and they're only going to live their life based on their values ... whether you think so or not. So we're not going to fight it. We're going to show you how to engulf it and include it.

Z: That's right. To link it ... we're going to give you a tool today. It's a thing that really works. Linking your values to another person's values.

D: And I think we do that sometimes.

Z: Darling you come back after this. This is AM 950 Air America Minnesota, the Big Brain Radio Show.

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D: Yes, all your senses... that's what we've been saying. You know look at music and it really reflects people's kind of attitudes about relationships and love ... and they always draw it as a plus or a minus and what we're trying to tell you today folks is that it is a plus and a minus. It's nothing else, nothing more, and we're going to show you how that is the way the universe works.

Z: Relationships are 50% support and 50% challenge?

D: Yes...

Z: That's one of the principles of relationship?

D: It's has to be support and challenge.

Z: You mean it's just not all bliss? Like a relationship isn't for bliss?

D: Well some people think the purpose of like marriage is happiness...

Z: You mean it's not?

D: Well... I wonder what the reaction is out there folks...

Z: Well actually our theory that we'd like to present is that a relationship ... a marriage in particular ... is for ...

D: Equilibration.

Z: Equilibration?

D: Yes. When you're up...

Z: Equilibrating yourself

D: ... you know when you're acting too hot at the office and you come home, guess who's there to kind of put you down ... not put you down, but to balance you out.

Z: (laughter)

D: Or when you're down, and you come home, who brings you up?

Z: Pull you up.

D: And support and challenge... in fact, challenge is some of the things that make the greatest changes in our life ... when people challenge us and say ... because if they know your values and they know their values and you see that you're not being true to your values, they can challenge you. So let's go back to the values. I think we should probably follow through. So we said: How do you fill up your space? How do you spend your time? And the next one is: How do you spend your energy?

Z: Mm.

D: What do you do with your energy? What's your energy towards? What do you have your ...

Z: Kind of like your focus? Like what are you focusing on during the day?

D: Yeah, do you exercise a lot or do you have a lot of ... are you on the computer searching for information for your children? Obviously you probably have a high value on your children. Something like that. What do you spend your energy on? The next one would be: What do you spend your money on?

Z: Ooh, that's a good one. How do you spend your money? I think ... I always thought you could tell a lot about a person if you could look at their checkbook or their credit card statements... and check their email ... who they are emailing ... Don't you think that would pretty much tell you who that person is or what they're up to?

D: I'm not sure.

Z: So you've got to be a little private investigator in your own life. It's like look at your checkbook and see where you spend your money. You'll have a sense of where your values are.

D: Well one of things people always say ... I want to be rich. Or I want to have a lot of money... but if you don't actually have a plan ... if it isn't in your value system ... like if you don't save weekly ... and I think most of us have seen enough ... who is the lady on the TV that talks about saving all the time?

Z: Ah... Suze ... Orman

D: You know, pay yourself first. Make sure you have saving ... whether it's a dollar or \$10. If you don't have something you'll never save money.

Z: You mean there's a difference between your values and a pipe dream? (laughter)

D: And a pipe dream, yes. So people can say that they're interested in being something ... like sometimes I'll have ... I've had patients say boy I'd

love to win the lottery and I'll say have you ever bought a ticket and they'll say no.

Z: (laughter)

D: I'll say how do you expect to win????

Z: That's good.

D: You can spend your money on a lottery ticket if that was ... if you really thought you wanted to win.

Z: That's true.

D: So what do you think about the most is the next thing. So we've got: How do you fill your space? How do you spend your time? How do you spend your energy? How do you spend your money? And what do you think about the most? What's in your head? What is your brain – the big brain – your regular brain and your big brain – what does it occupy? What sort of things are in your brain? What do you think about when you're driving along?

Z: Hmm.

D: That's where your values are.

Z: Hmm.

D: So you might take a few notes on that. Scare the heck out of everyone...

Z: Some of these things are kind of confronting... because you think that your values are one thing and then you find out the reality is ... wow, I'm spending 80% of my time on this subject, with this much money, with this much energy, thinking about it all the time.

D: Yeah well the things we're going to talk about today are not like new... you know we're not inventing them. Some of you ... most of you know some of this intuitively or have taught that ... but also you ... you ... what was that? You have things that you react to. So we may talk about

things that are reactionary to you. And that does not mean that we're trying to confront you. We just want you to think about it and kind of play with them for a while. Because we all need time to have things go through our big brain... filter it out a little bit.

Z: What's the next ... next question?

D: Okay. What do you ... what do you visualize? What do you dream about? What is your vision for your life?

Z: Hmm.

D: Some people... I don't know if they have a vision for their life.

Z: Yeah, that's kind of a big question.

D: So if that was important to you and you wanted to have a relationship with somebody ... depending on the nature of the relationship ... their vision might be very, very important to you... what they have in mind. We were earlier talking ... earlier in front of the ... before the meeting today we were talking ...

Z: (laughter) Just spit it out.

D: ... about John Denver ...

Z: Just go ahead. Don't be afraid... About John Denver, yeah.

D: And I told you he was the first person I ever met that had such a big vision I couldn't even believe it, you know?

Z: What did he say?

D: He was going to be a star... a superstar!

Z: You met him, he was nobody... or he was just a little somebody.

D: Well, he was a little somebody. He was ... I thought he was ... he looked pretty good to me, but he had a vision that was way beyond that.

Z: I'm going to be a star.

D: Superstar.

Z: Superstar.

D: And he was after a while.

Z: Wow. So what's important about this now... once you distinguish these things, then what do you do?

D: Well you start seeing where your values are. Another thing is what did you internally dialog about? What do you talk to yourself about? What do you affirm? What are your conversations? And the other thing is ... what do you externally dialog about?

Z: Hmm... That's really interesting to hear what you say to other people. Because mostly what we say is a reflection of what's on our mind. Not really what's happening over there.

D: Right. I was talking about somebody had an associate in practice and he was complaining because his associate ... all he wanted to do was go golf and recreate. And if you spend five minutes with this guy, the conversation would come around to golfing, etc. Well it drove him crazy because all he wanted to talk about is his business, his practice, his patients, etc. But that wasn't his value system. So what we did is we talked about how he could like that person's value system by showing him if this individual would pay attention to the attributes in the business that he wanted that that would allow more time to go golfing. And after that it worked just fine. Because that was his value system.

Z: So say... say you get your top three or four values. Say it's like family, beauty, health... let's do that... family, beauty, health. So now what's the key here? Once I know my values, family, beauty, health, now what do we do?

D: We're going to show you how to link those, or as we say communicate your values in terms of the other person's values. So you that you can have your values met and they can ... they can acknowledge your values in terms of their experiencing their own values.

Z: So each person is fulfilling their values and their visions.

D: Um hmm.

Z: That sounds like a healthy thing to do.

D: It's quite a nice thing to do.

Z: Okay, get your big brain hats on... we're going to come back and learn how to link your values to someone else's values. AM 950 Air America Minnesota.

D: Here are some values.

(music)

(news)

(music)

D: Lengths that we go to have a relationship... climb a mountain, go over a sea... I think sometimes we would do anything. You know, we were talking on the break ... we really want to expand so the reason we're talking about relationships because there isn't anything else but relationships. They used to say that nothing happens until something is sold. Well actually nothing happens until there is a relationship. And that has to do with your business... we as doctors, we have patients and if we don't know their values ... and I think that's what ... as chiropractors we're actually ... one thing that everybody knows well about chiropractors is they seem to love their patients and the reason they love their patients is because they really do look for their values. And it's so funny because I was looking at a thing at Harvard School where every time they teach these people how to do histories with patients, and they were telling ... to the doctor ... show empathy. Ask questions. Like this comes second nature.

Z: Be warm.

D: Be warm. Honest, this was in the thing that was teaching the doctors how to be. And I think a lot of people experience that. That's nothing

against doctors, they just get trained that way. They get trained... they almost get it trained out of them.

Z: Well I think we've all had the experience of receiving some service or product, but it's kind of a cold experience unless there is a relationship along with it. You know you won't stay with a doctor very long who doesn't seem interested in you or in your life or your problems or why you're there.

D: I think you'll find in sales ... if you ... when you go to a person and they're really actually looking to see why you want it, what you're going to use it for, how is it going to fit ... they actually are looking at your values and then they're trying to find something that fits with their values. They're communicating their values. Um, mothers and children... A lot of parents think that their kids have different value systems ... they're lazy ... but their values are different. I know a friend of mine who said all his kid cares about is partying. Well, after we talked to the child, his attention was on girls ... but once we showed him how to link his being a good student ... he found out that girls like people who ask for help and he found out that girls like people ...

Z: Girls like people that are smart or dumb. Okay? Do you think girls would like someone who got a good job or ...

D: Right, and once he heard that ... man he knew that ... he fit it in and his grades just shot up because you have to link to their values. And I think we've all done this intuitive with our children. You know they're trying to do something and they have a certain value and once we acknowledge that value and try to communicate to them in terms of what they want ... but in terms of ours which is protecting them and making sure they do the right thing ... that's our value for them ... we don't give that up... then we find the relationship works much better. So the key is linking your values to their values in such a way that it empowers both parties.

Z: So how would you ... now we've kind of done this exercise where we looked at some of our values ... then how would you know someone else's values so you knew how to link up with them?

D: Ah, the same way. You would observe those things. What they emotionally react to ... you know, the things that they like... there, that's a value. The things that they don't like, they challenge. You know we had

these songs on about attraction and love. And women are attracted to men that save compliments and contribute to their values. If you come up and said is that... where'd you get that haircut, it's kind of bad ... I don't think things would go too well.

Z: (laughter). No... if you said, "What happened to your hair?"

D: Yeah, right.

Z: (laughter) That would kind of have a negative connotation... probably wouldn't be a great way to relate to the other person.

D: Right. Like when a man if his business is doing well I think you'll find he's more interested in personal relationships. And when it's not, he's probably not as interested anymore, because his values are not being supported in the world. So you really need to take a look at it. I know this is a complicated subject but we wanted to introduce this because values really run... and it's not that we consciously are aware of it ... and we all have ... and the problem is we all have different values systems. Nobody has the ... not one person on the planet has the exact same value system. I don't care if you go to the same church, same school, read the same books. In fact, if you belong to a book club you know everybody's interpretation is different.

Z: Yeah, you count on the different interpretations to have a good book club meeting. You know and as doctors I think one of the things inherent in what we do is that we realize that people's health is really determined and affected by their relationships. I mean you can have someone who is doing well and then something goes sour in a relationship ... at work or at home personally ... and it throws that person into a spin. And it's really hard to be well and healthy if your relationships aren't well and healthy.

D: Right. And the purpose of that conversation is to have people know that the relationship is actually determined by them. When you set yourself up to be disappointed in your relationship you have done that by ignoring the other person's values and then when they do what they would normally do ... because nobody is going to act outside their values ... we act the victim. In fact I think that's pretty much common in our society today. The other thing is we tend to put people on pedestals and admire them and in our society we do that a lot ... look at the newspaper and the articles and the things they cover in ... what are those ... things like People Magazine, etc.

... and then we beat ourselves up. We call that self-_____. We beat ourselves up because we're not like that person. We don't do what they do. But that's really not what our values are about.

Z: So it's kinda ... it's our own fault really if our relationships aren't working because we're projecting our values onto someone else. People can only be counted on to do what's inline with their values. So it's silliness to think that they're going to do something for us that's not in their value... it's not going to come up on their screen even. So we need to start recognizing that so we can be responsible. Because once we see that that's a value to them, we can say what we're needing or what we're interested in in terms of what's a value to them. So give us some example or something.

D: Well let me give you an example. Let's just say a businessman is going to go on a trip. And he's going to be gone for a while. He could go up and say, "I'll see you babe. I'll see you when I get back. I'll call. And I hope everything goes all right with the kids." And that's it.

Z: I'm not sure when I'm going to be home.

D: I'm not sure when I'm going to be home. Or he could go...

Z: That wouldn't go over so well.

D: ... I'm going to leave honey. You know that I don't want to go but I have to go because I have this important thing I want to do. And when I do it I'm going to make more money, or I'm going to have this happen, which is going to allow me to get this ... you know how you wanted this new watch? Why don't I look while I'm down there because there is a special jewelry store down there and I'm going to look to see if there's a watch that fits it. In fact, why don't you come down and meet me at the end of this trip and we can pick that watch out together. You know something like that. Where you incorporate their values, which is they want something ... or maybe there is something they can do for their kids and their family as a result of that trip.

Z: Well then people will say that's just manipulation. You're just manipulating.

D: Welcome to the world! It's not manipulation because it's communicating in terms of their values because either you can be a victim or you can have victory. And if you want to have victory you have to be aware of the principles that run the world. And I'm going to say it for the next time: Nobody is ever going to do anything that is outside their values. Even if they say they're going to, they wind up beating themselves up, resenting you, and eventually it will not work ... and they will look someplace else for those values. And that's when you get ... people have these fantasies about having something happen someplace else. The problem is if we don't start realizing this, it just goes with us to the next trip. And you hear this all time ... people have one relationship and the next relationship and the next one... and everything shows up ...

Z: And the common denominator is ...

D: Them.

Z: Them.

D: Because they haven't realized what their own values are so they don't know what they're looking for. One of the most powerful things a person can do in a relationship is actually let people know what their values are. These are my values, this is what I expect. What are your values? What do you expect? Wouldn't that be refreshing?

Z: That would be a pretty mature relationship to go in like that.

D: That would be very ... but you know, it's happened. I think the place it's most practically applied is business. We're always communicating. If you're half-way competent you're communicating to your client or your customer or your patient in terms of our values... what we want to accomplish in terms of their values ... which is time and money and results ... and maybe they are a golfer. They want to be able to do something special... maybe their family... and you always communicate that.

Z: Okay.

D: And also... if you want to produce a result you have to pay attention to these details. In business you have to kind of cut that way because if not you go out of business. Well ...

Z: That's a true indicator that the relationship wasn't working. (laughter) You know divorce, a business going out of business, a bankruptcy ... those are obvious places to look to see what's missing in relationships.

D: Well you know the sad thing is a lot of times people get divorced and the person that ... that person actually had what they were looking for but they didn't know how to look for it in terms of their own values.

Z: They didn't recognize the form.

D: The form that it was in... yes. Because everything has different forms. You can say you want to be wealthy. You might be wealthy in a different form other than money. And sometimes we don't look at that.

Z: That's a good point because we have a picture of what we think would satisfy us in a relationship ... and the truth is perhaps those ten qualities we're looking for in one individual are actually present in our life, but they are spread out over several individuals. So we're kicking people out of our life when really everything we're looking for is present.

D: That's true... not...

Z: We just haven't seen the form.

D: Yeah, and that's something we're going to talk about in Relationships 2 or 3 when we get to that. But we do need to link our values because obviously we don't have shared values. So... an example you could have ... if somebody wanted their husband to take the garbage out, and he doesn't want to take the garbage out ... you could say well what's his values? Well he likes exercise and movement. Well then you tell him to pick up the bag and he can do a little pira... what do you call that when you ...

Z: Pirouette ... not a puree ... that's a cooking term. A pirouette.

D: Do a little spin and he could do a little dance step down the thing.

Z: Would that get you to take the garbage out though? Come on.

D: I could see me doing that ... easy.

Z: Or this maybe is more obvious... if you want your child to take the garbage out, you like it to one of their values ... if you do that I'll give you a dollar ... because they're trying to earn money for something that's a value to them. I mean that's an obvious one.

D: Oh. I thought mine was more creative.

Z: You want to do the ... I'm going to try the pirouette one on you next time.

D: You can make a dance. So you dance all the way out there and drop it in like you're shooting a basket ... if he's an athlete, you know. You have to have an imagination, but you can always link the things that you don't want to do in your life ... the things that we probably are lower ... the things you don't want to do are low on your value system ... and start linking it to your higher value system and you will end up doing this. So we can do that with ourselves so that our own relationship with ourselves gets better and we can do it with others. So what have we said here? Everybody has a value system. It's the hierarchy of values that determine what... the destiny of your life. No one will ever do anything outside their value system. We make judgments about life based on if it's like our value system it's good, if it's not like our value system it's bad. If it's with ourselves... if we do something that we try and do, or emulate somebody or somebody has told us to do ... remember, that's one of our things about the health style is that people need to do what's consistent with their own values. If we try to do what somebody else wants us to do or follow a health regime, we'll beat ourselves up and we'll call it bad. And if we do something we like, we'll call it good. That's called morals. When we see it in other people... we don't like what they're doing ... and we call it bad ... then that's ethics. So our morals and ethics really come from our value systems and our projection of our values on other people and our inability to see their values or our ability to see their values. And a bigger world... so what we would have is a bigger world to play in if we can understand that values run life and that we need to acknowledge those values ... and get creative in communicating to other people about your values in terms of their values. It's really not that hard. In fact, it's kinda fun to do that ... once you start doing it ... and linking it to your goals. So ... I have this thing we do in the office where staff obviously have their own values ... and we have certain goals in the clinic ... I try and link their values to the values we're trying to produce in

the clinic. And I've had several people come up to me and say that was the most powerful exercise we ever did when they did it because they just hadn't thought about it before.

Z: Hm.

D: So all we're trying to do is get people to think about it today. That you have values and they're not the same as anybody else ... which is great ... because in doing so you get to ... you actually get to know yourself. Because if you have a value and I have a value ... that distinction actually lets me see the value that I have.

Z: Hmm.

D: Does that make sense to you?

Z: It makes sense.

D: Yeah, so you have to pay attention. Anything... well what do they say? Envy is ignorance and ... what is that? Envy is ignorance ... I forgot that. Emerson. My memory is bad...

Z: Ignorance is bliss? That's the only one that comes to mind for me. Well we're going to be tying this back into our health style conversation. We always try to come up with a few things that are stuff that works. The reason we talk about values is we believe that if you know your values and do the exercise of linking ... that's something that will work for you in your life. And then when things are working you will have more energy and opportunity for your health. So what do you have for us this week Dr. D on our stuff that works section coming up?

D: Well, actually when we get to that section I will. That's when we come back. I just want to ...

Z: Gonna give us a teaser? A teaser of what's to come?

D: I want to say one more thing about values, okay?

Z: Okay. You can say it.

D: We have this plus or minus... like people say I don't want a guy... I just want a nice guy. I don't want a mean guy. They don't make them that way. I just want a wonderful woman, I don't want a woman that does her nails or spends time ... they don't make them that way. Everybody comes with a whole package of what people would call plus or minus.

Z: Like a magnet has a positive side and a negative side?

D: Remember the rules of the universe are everywhere and there's a plus or minus everywhere ... and everybody has that. You can't... if you don't acknowledge those values ... like Bill Gates told us they can't make a computer like a woman's memory because every time you have a bad situation she'll bring up every time you betrayed her values. She remembers them all.

Z: (laughter)

D: Or guys do that too... I guess we do that too.

Z: I guess so.

D: So, these values are it.

Z: Good. And so stuff that works coming up. Yes?

D: Yes.

Z: All right. So thanks for being here for Relationships 101. I hope some of these value ideas give you some maybe insight into what's happening in your relationships and how you might this week try linking.

D: Remember, your life is your relationships. There isn't anything else. It determines your health and your health style. And so start taking a look at your values and everybody else's.

Z: Big brain stuff that works coming up next. This is AM 950 Air America Minnesota.

(music)

(commercials)

(music)

Z: Welcome back to the Big Brain Radio Show. This section of our show we affectionately call stuff that works. And we try to come up with a few things every week, besides the main content of the show today about your values ... things that will help you in your real life. What do you got Dr. D?

D: When you appreciate people's values you want to do things for them that might help them out so here's a couple little hints. If you want to take a walk around Minneapolis and see Minneapolis, and you want to take people you know and they don't want to walk ... like kids ... in Minneapolis you can contact Magical History Tours at 1-800-749-5584 and they have a Segue... Remember ...

Z: You know, I thought those things disappeared. They're still around?

D: They're still around.

Z: What is a Segue? It's like a little motorized scooter platform?

D: Yeah you stand on it and you scoot around.

Z: And you can actually take a tour of Minneapolis on a Segue?

D: Mm hmm. Magical History Tours costs about \$70

Z: Magical History Tours. That sounds fun. Down by the river maybe. Down by the riverbed?

D: Well it says Minneapolis Water Front.

Z: Alrighty. So that would be something wonderful to do in the next week or so ... with the leaves turning. I think it's peak leaf season here in Minneapolis.

D: Um, also in Minneapolis, if you want someone to remember your family's birthdays, you can pay someone to give you a reminder phone call.

It costs \$25 per hour. It's called Personal Touch Errands and Assistance, for Minneapolis and St. Paul. And the number to call them is 651-307-4120.

Z: \$25 an hour? Is that per phone call you mean? No.

D: I'm not sure what they mean.

Z: That would be a lot of birthdays.

D: I think they do a lot of stuff.

Z: What's the name of that company again?

D: Personal Touch – Errands and Assistance.

Z: And that's here in the Twin Cities?

D: Yes.

Z: Personal Touch. That's a good idea. It's so easy to forget birthdays.

D: If you really want to make something of yourself, you can have yourself dubbed a knight simply by making a small donation to Universal Ministries for \$35. Would you like to be a knight?

Z: The knight? You mean like an official knight of England or something?

D: Well you can be like Mick Jagger...

Z: Isn't Elton John a knight?

D: Yeah. That's 815-383-5251. That was kind of silly one.

Z: That might be kind of an interesting gift to give somebody. Their knighthood. That might be a good ... you know for the person who has everything? Make them a knight.

D: Do you have anything ... Oh, you want another one?

Z: Um hmm.

D: Okay, I'm sorry.

Z: What else?

D: Well let's see. You have ... You can pay your ... visit your grandmother ... pay your grandmother a visit via the magic of video conferencing. When she starts nagging, terminate the signal.

Z: (laughter) What? That's supposed to be a joke, right?

D: No, this is true. From FedEx Kinkos... it's \$225 an hour...

Z: \$225 an hour to video correspond.

D: You can video with your relatives ... your grandmother.

Z: I would guess you'd need special equipment to do that.

D: Well you just call 1-800-669-1235 and they will set it up for you.

Z: Okay. What's the name of that company again?

D: Well that's FedEx Kinkos. I think Kinkos...

Z: FedEx Kinkos has that. You just stop in and ask them how do I hook up a video camera to my communication system.

D: How about this? Passport. If you want to renew your passport. You know, lines are for losers ...

Z: Lines... I don't like lines... that's for sure...

D: I figured that. Grab your passport with one day's notice ... you can ... for \$179 plus government fees you can have someone get your passport for you.

Z: Someone stands in line for you?

D: I'm not sure how they do it.

Z: Okay.

D: 1-800-455-5166.

Z: Hmm.

D: 1-800-455-5166.

Z: All right.

D: I think that's about it.

Z: All right. Let's talk about next week's show because we're doing something special next week. Next week is your honorary show ... yes?

D: Wait a minute. I've got one more quick...

Z: You've got one more? Okay.

D: You can have people monitor TV programs and they'll give you a daily report of all the different shows and entertainment shows that you want to know what's happening on them. For \$500 a month.

Z: For \$500... I think I want to work for some of these companies. That's a lot of money. \$500 a month you can find out what's on TV?

D: That's NewsTV.net.

Z: All right. Good. Now what's happening next week?

D: Well next week we're going to have the honorary show for John Denver. He passed away on August 12... October 12th and we have a lot of people who have shared with us the difference he made with us.

Z: You know it's interesting because people who just kinda met him somewhere ... in an airport, on the side of the road ... they all have this really warm experience of him.

D: Yes... They all say ...

Z: Authentic.

D: ...Authentic. Like I told you ... he would call me and he would go like "Hiya Dave" and I'd go wait and then I really got that he really meant it ...

Z: He was sincere.

D: He was ...

Z: Sincerely enthusiastic.

D: I actually learned that technique from him.

Z: Far out.

D: Far out it was. And he was a very interesting person. We have some people that want to contribute to the show. And so I think we're going to have a good time next week.

Z: All right. Are we going to have Annie on?

D: Well, I'm trying to find Annie. Does anybody know where Annie is? She... Her number...

Z: Is it disconnected?

D: No it's not disconnected. She just likes to be private.

Z: Is she still out in Aspen? Where is she?

D: Last I knew she was. Yeah.

Z: Because that's where he lived most of his adult life. Right?

D: Um hmm.

Z: In Aspen, yes?

D: And we have some other shows coming up. We're going to have John DeMartini interview...

Z: Yes. Dr. DeMartini does a process called the Breakthrough Process. He's going to be here in December. Giving a seminar, which we'll give more details later. But this thing about values and relationships ... he is really good. Really an expert on that.

D: We have some other medical doctors ... some neurologists we're going to be talking to that have some very unique ways to get your health back. Remember anything we talk about is going to be easy to do, it's going to work and it's going to be easy for you to follow through and it doesn't ...

Z: Well, let's put it this way: It's simple. It's simple to do. It's not always easy. Sometimes the hardest things are the simple things.

D: Well once you link it to your values, it has order and discipline.

Z: Well, that could be. That could be. And finally you know we want to talk about our health style makeover. We have our finalists selected and we're going to be working with them this week. So as soon as we get their okay and authorization, we'll be announcing those over the air. But we're excited to get going. I think this is a really good time before the holidays ... now that the summer is kind of over, the weather's cooled off ... people are focusing more ... I think it will be good.

D: Good. So in closing I just want to say as the shows go on you understand that the big brain is really the representation of how we interpret life in our big brain ... our mind ... and everybody else's mind and how we connect. And the big brains in our life have made a difference in the contribution they've made to us, so as we say before, make sure you remember the big brains in your life... the ones you know, the ones you're going to know and the ones you know now... and let them know how happy you are to be with them... because everybody is a big brain.

Z: Join us next Saturday ... 11:00 ... for the Big Brain Radio Show and special honorarium to John Denver.

D: Far out.

Z: This is AM 950 Air America Minnesota.

(music)