

Big Brain Radio Show
12/10/05

D: Good morning. It's Saturday morning and it's a big brain Saturday and we have a fantastic Saturday for you. I'm Dr. David Stussy and you can call me Dr. D.

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

B: And we are the Big Brain Radio Show.

D: Hey, Dr. Z, we have one of our best mentors... one of our all-time favorite people with us today... in person.

Z: We have the cosmic chiropractor of the universe, travels on The World, cute as a button... no... Dr. John F. Demartini is in-studio today.

D: Thanks for being here John.

Z: Hey, welcome.

J: That's great... lovely.

Z: Welcome Dr. Demartini.

J: I love it.

D: We just had a little Christmas with him...

Z: Yeah, we're having a big celebration. So this is Dr. John F. Demartini and the Demartini Method part two on the Big Brain Radio Show. Thanks for listening in.

D: So John, tell us a little bit about what you've been doing.

J: Well, I just ... I do what I love doing, which is sharing what's inside my heart and doing what I can to inspire people. And I teach around the world and I help people heal from the inside out.

D: And that's why the big brain principle is doing what you love and love what you do. Do you want to tell us a little bit more about that? Kind of inspire individuals?

J: Well every single day we go through our lives and we're not doing what we love, or loving what we do, we break down. We fatigue ourselves, we frustrate ourselves. We create resistance instead of assistance. And so the key in life is not what happens to us, or even what we really do, it's how we perceive it. And what I do is I try to help people see the hidden order and the opportunities that are sitting in their daily life so they can appreciate their life and do what they love and love what they do.

D: And the hidden order is really the naturalness of what we're doing is the right thing and if we aren't perceiving it that way, I think obviously you're not going the right direction.

J: You know so often we find ... and I'll go off on this little journey here... so often we find parents or teachers who label children... learning disabled, or lazy or not motivated or not inspired and what it is is we have projected ... or the parents or teachers have projected expectations and values onto them that don't match the children's. And when they finally find out what the children's values are, and what's really important to the children, that amazing things happen. And once they give them the opportunity to shine in their own values, they really surface and they're not lazy... they're really inspired about things that are really meaningful to them. And that goes on through our lives. If we can't find out how what we really have is meaningful to us and are really valued... what we really value in life ... if we can't see how our job is going to do that or how we can go do what we love ... we run ourselves down, infection ourselves and create disease.

D: I think it's going to be a fantastic show because a lot of people talk about being motivated but it's really being inspired, because the only natural way is to be inspired.

J: Well I always say that when you're being motivated you're... you're actually being motivated from the outside. When you're inspired you're being inspired from the inside. When you're true to yourself, you're inspired. When you're having to live somebody else's dreams you're motivated.

D: All right. So we're going find out about inspiration... and you know what? I think you remember... I remember you saying that you had learning disabilities and now, how many books have you written?

J: Oh, many books. Too many to count.

D: How many people have you talked to?

J: Oh, millions.

D: Millions, right. And you even are going to be on a show where there's going to be a billion people, right?

J: Yep, it's coming here in February.

D: So we'll want to hear about that also, okay?

J: All right.

Z: I'm still back in the clouds when you said when we live our dreams we're inspired. And then I thought and if we live someone else's dreams it's not long before we're expired.

J: That's right. So true.

D: Wow.

Z: Yeah, that was like a Demartini-ism I just did. Wow, I'm thinking like you already.

J: Yes, it's true.

Z: We've been rubbing shoulders today. It's starting to rub off on me.

D: Well, I think we're going to rub together and ...

Z: (laughter) Excuse me???

D: Well, it's sort of a cosmic term.

J: This is a big brain inside joke here...

Z: Maybe you'll use the electron...

D: The neurons are firing...

Z: Yes, electrons colliding.

D: The synapses are going.

Z: That's right. All right. Stayed tuned. This is AM 950 Air America Minnesota. You're with Dr. John F. Demartini. We are the Big Brain Radio Show.

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D: Were you going to sing? Hey, welcome back to the Big Brain Radio Show. We're here with John Demartini, international lecturer, healer, philosopher, writer, movie producer... all kinds of things you're doing these days.

J: (laughter)

D: But the thing we really like talking about most with John is philosophy and actually taking a look at the ... the cosmos of life and how it's really organized on a such a fantastic scale. The hidden order as I think John calls it.

J: You know I ... you know what we look at life and we ... we... we filter our lives according to our values. And things that support our values we allow in and we notice. And the things that challenge our values we tend to delete and overlook. And so what we do is we don't get to see everything. We only see what we want to see in it. And there's actually something beyond what we normally see... that goes beyond our values. Our mind tends to value things and filter things. But our heart tends to embrace and open up to things. In our heart ... through... looking through our heart you might say... we're able to see the hidden order. I try my best

to help people look, not only with their mind but also with their heart, so they can see the things in their life that they think are challenging are actually serving them.

D: You know and I think one of the things that we talked about is what ... people... as we go through life because of the way life develops ... remember we were talking about the one cell expanding life... do you want to tell everybody about that? I think that was really great.

J: Well, as we go through life, you know... we start with embryology. Embryology is the beginning of how we started when the sperm and the egg get together. I'm not going to go in before that because ...

Z: Everybody knows that part?

J: Yeah.

Z: Okay.

J: That part we all know. But when the sperm and the egg together and they start their first cell, and the cell divides, eventually the cells keep dividing and dividing and dividing and every one of the cells become more special as they go. So that means as we develop in our embryology and as we literally become special and we end up having specialties. And in our life if we're not allowing ourselves to in a sense follow that development, we plateau and we have in a sense problems in our life. We have to constantly grow. And so the only way we grow is to have some will to live, some meaning for life. And so it's so important to go through life and have something to dream about, something to live for... something that's truly aligned with your values that are inspiring to you, that you go for. Because what happens is the cells unfold and our life unfolds and we start to open up possibilities for ourselves. It's so important to have a dream... have something to live for.

D: So what you're saying is that life ... the natural cycle of life is to ... is to specialize and expand, you know like we're excited like a new relationship and then it plateaus and then it gets kind of ordinary, and if we aren't careful right there, that's where things can degenerate and die...

J: Well any... just like in a company, in our lives, if we don't add something that's novel and something new that stimulates new growth, as it matures it grows more slowly and starts to decay. So we have to constantly add newness to our life. That's why I encourage people at least four times a year to sit down and think about what their new dreams are... and add novelty and add newness and add something that inspires them into their lives, because when they do they feel useful again. If not, they age and decay.

Z: You know Dr. Demartini, I'd just like to comment on this as I'm listening... you know cells have programmed death... apoptosis?

J: Apoptosis.

Z: Apoptosis. So what would be the metaphysical parallel here in your philosophies?

J: Well what happens is every one of our goals ... I always say that the hierarchy of our values dictates our destiny. And our destinies change as our values change. And then our journey is a summation of all our destinies.

Z: Ooh. Say that again.

J: Our life's journey is a summation of all of our destinies... and each of our destinies are based on the hierarchy of our values. And our values are evolving. Every time we change our value set we have identity crisis, we change course. And we keep going through in this oscillating course towards this one primary objective, which is the emergence of our true magnificence. So as we do, our old self dies and our new self is born.

Z: Mmm.

J: And we're constantly renewing ourselves. And the more in a sense we frequently do, the more growth we have. But what happens as we mature, we start to get sometimes rigid. We start to get stuck in our ways and we don't allow ourselves newness. That's why I think it is essential that everyone continue to educate themselves all the way through their lives. Because a culture that doesn't educate itself, an individual, an organism that doesn't continue to add new stimulus to it, decays and dies. It is essential

that we continually integrate our body and our mind and our soul with new ideas to stimulate our life.

D: I've got a couple things to say. Number one is the point you just made is that everything is that way. There's structures ... businesses develop this way, societies develop this way...

Z: Relationships.

D: ...Cultures develop this way. And it just kind of goes on. It's timeless. The other thing is... the person who is probably sitting at ... maybe listening to this and things aren't going their way and they've got a lot of debt, and life's pretty ... they're stuck in some situation that just looks hopeless and then you're sitting there telling them to create their new dreams. And I know there's a process where if individuals stop and take a look and link that, where they actually could create the opportunity in that perception. That is where the breakthrough comes through. Could you give people a little hint on how to do that?

J: Yeah, because I always say whenever you have debt... since you brought up debt ... whenever you have debt it's wise to define how much is the payment on that debt per month? How much does that break down to per week? How much does that break down to per day? How much does that break down to per hour, and even down to a minute? And then convert the amount that you have per minute or per hour into units of service you can provide to the world. Whenever you convert your debt perceptions into service perceptions, when you do if you focus on the service the debt dissolves. If you focus on the debt your service dissolves. It is so important to focus on the flowers, not weeds; the service, not the debt; if you want the debt to dissolve into service of opportunity. So no matter what happens in our life, it's not really what happens... it's how we perceive it. And I always tell people who are in maybe challenging moments financially when they have debts to always convert that into service and concentrate on them. Because when we can't wait to go and serve other people, the people we want to serve can't wait to get our service.

Z: I just want to play with this a second. So say you had a dollars worth of debt a minute... I'm making that up... So how do you convert? You do something worth a ... how do you do it?

J: Well, what you do is you find out ...everybody is ... nothing ever gets done in the world until somebody sells something. So what we do is we find out what each person is selling. They're either selling a product, a service or some idea. They found out what that dollar service or idea is in value, per hour, per minute, per second, per day, per month, per year – depending on the project – and they break it down and they concentrate on what that ... what they can do to enhance that service by the amount of their debt per month or per day or per week. In the process of doing that they got a focus. So they gotta just do a correlation. For instance, let's say you owe \$2,000 a month on a mortgage. And you break that down ... okay per week that's \$500. Per day that's \$100. Per hour that's maybe \$120... I mean \$12.00 or something if you work eight hours. So now what you do is you say, okay... and let's say you sell a product and the product sells for \$35. So that means you need to sell at least, oh a third of a product every hour to make that debt to go away. So if you concentrate on the selling of that product, the debt will be dissolved. But if you focus on the debt, you won't sell the product because your mind is focusing on debt instead of serving people.

Z: Hmm. So it's using your brain in a productive way instead of a destructive way... because it's going to focus on something.

J: Well, if it's not action, it's distraction. And so we want to focus on action.

D: But what might inspire... let's just say they have the debt but they don't have any producing idea... they know they want to have this paid off, they want to have something ...

Z: (laughter) Yeah, they have no job.

D: ...They have... they don't have ... they're missing what might inspire them. Where would that ... where would you take that?

J: Oh, they even have some opportunity because if they don't have a job and they have debt, that means they have nothing to lose by taking a risk ...

Z: (laughter)

D: I agree.

Z: That's great.

J: Nothing to lose by taking a risk...

Z: What have I got to lose?

J: ...to go after something they love to do. This is the perfect opportunity because some people actually have an income source that's not as much as they'd like but it's enough to survive and what happens is they're actually more challenged to change and go into something new than the person that's got nothing.

Z: Because they're stuck and little bit comfortable and afraid.

J: I have to share a story. This is a good story. Many years ago, in my practice when I was practicing, I was looking for an office manager. And I put out advertisements for an office manager. This gentleman came in. He was about 54 years old. He was very stout, very strong, and he came in and he shook my hand... he was very strong ... and he said, "Dr. Demartini, I'm the man for the job. I just know I'm the man for the job." And I said, "Great." I said, "I have a couple questions for you." And I said, "If I gave you a \$5 million check right now" ... and I literally wrote out a check ... a big check for him, with his name on it, which through his façade away, when all of a sudden he sees this check he's like, whoa, wait a minute. And I asked him, "If I give you this \$5 million check and you never had to work another day in your life, and you were free to do whatever you wanted to do, what would you do?" And he looked at me and he said, "Oh, I know exactly what I'd do." He says, "I'd be involved in furniture making and woodworking because I just love ... that's my hobby." And I said, "Thank you very much. That would be the end of our interview." He said, "What do you mean?" I said, "The interview is over." And he said, "Why? I know I can do this job." And I said, "No, I know the interview is over." He said, "Well do you mind if I ask why the interview is over?" I said, "Very simple. If you're such a great manager that you could run my company, then why is it you haven't run your own life? Why haven't you organized your life in such a manner that you can do what you love to do and get paid for it? Where your vocation and your vacation are the same?" And he stopped, he looked at me and he says, "That is a question I've never asked myself. That is an incredible question." So he shook my hand. He was very humbled. He walked away. Three weeks later he came back to my office, with a

bag... a paper bag... with a gift in it. And he asked if he could see me. I walked back into my office. I met with him the same location. He said, "Dr. Demartini, you changed my life three weeks ago." He says, "I just want to thank you. That question you asked me made me stop. Because I realized that I had spent three months of my life trying to get a job and the reality is I could have spent those three years... three months ... building my new career. So I went home that night, I talked to my wife and I am now in business. I'm making furniture, I'm doing woodworking. And when I was in your office I noticed the color patten and the wood pattern you had and I decided to see if you would like me to put in these Kleenex holders into your office, made out of the same wood of your office. I'd like to do that as a gift because you started my new career." So what I'm saying is that when people are in a down and out situation, that could be the greatest opportunity of their life... a turning point of them going after something they really love to do because they've got nothing to lose.

Z: We're here with John... Dr. John F. Demartini and ... we're going to be looking at some interesting philosophical questions. He is a great healer. We're glad you're here with us this morning. This is Air America AM 950. Be right back.

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D: All right. Welcome back to the Big Brain Radio Show. And that's "A Circle Remains Unbroken". So we want to talk about the circle of life with Dr. John Demartini. Now we're going to talk about the Demartini Method which allows us to look at pain and pleasure as opportunities, is that correct?

J: Yes it is.

D: And a couple other things we're going to talk about the brain and stress, and I think we want to get back to this vocation/vacation thing. I kind of like that one.

J: All right.

D: So let's start out with the DeMartini method.

J: All right. Well I've been blessed to share this method with literally millions of people across the world and it is a ... really it is a science of how to take what appears to be chaos in your life and stress in your life, and how to see it from different eyes and actually turn it into opportunity and bring it to balance, and bring it to fuel instead of friction and fatigue.

So what I do is I basically ask people, you know, what are you stressed about. And they'll say something like I'm stressed because I'm upset with somebody, or I'm stressed because I feel overwhelmed by things. And whatever it might be, we identify what the stress is and what they're upset about and what they're interpreting as stress. And then what we do is if it's a person, for instance, we ask them so what are you stressed about. Well so and so was mean to mean, or criticized me. And we stop and we ask him through, what I call the first principle, which is the principle of reflection and transparency... I ask him what exactly it is. And they say well they criticized me. And I say who is it that sees you criticizing somebody? Where have you criticized and who sees it? And they have to stop and they have to identify where they're critical. Because if you look really carefully, everybody really has every trait. And different times in their life they express it. So what they do is they have to find where they've been that critical. Because whenever we judge somebody else, it's because we're not really looking in ourselves. If we look deep enough we realize there's nothing really to judge anybody else. They're just doing the same things we do in different ways and different times.

So what it does is it makes us look at where we do it and humbles us, and allows us to see that maybe what they're doing is actually the same thing. Then we ask ourselves, "How does what they're doing service?" We never ask that. We just judge it, project our values on to it and assume that's a negative or a bad, and we never stop and ask "Well how can this be serving us? How is this actually helping our lives?"

So if we ask the quality... because the quality of our lives is basically the quality of the question we ask ... if we ask how does this action that they do actually serve us ... because if we don't see ever the service in it, then anytime anybody does that, we're going to be hurt, withdrawn and go into a stress response. If we find out how it serves us, then no matter what happens in the future whenever somebody does that, we see how it serves us and it doesn't stress us. Because it's not what happens, it's how we perceive it. So

we ask “How does this serve us?” We find benefits and we link those benefits to what’s most meaningful and purposeful in our life. As we do that, we actually get to a point where we’re actually thankful they’ve done it. We see how it serves us, it’s no longer a stress. And if they did it again, it wouldn’t push our buttons. Then we go another step and we ask, “Where does this person do the opposite?” Or, “What have they done the opposite?” Because sometimes we label and project our labels onto people and think they’re always critical, and we exaggerate the way things are. When in actuality there’s times when they’re critical and times when they’re very praising. And when we support their values they’re very praising, and when we challenge their values they’re very critical. So we go in there and find out where they have the opposite traits. We break the labels that we’ve done because the second we label somebody we block our communication and we stress ourselves.

The next thing is we ask a really weird question – most people think at first – and that is at the exact moment that they have had this action... they criticize us ... Who exactly had us on the pedestal and who was praising us at that moment? An amazing thing... I mean I’ve done this now probably 30,000 times to people ... The amazing thing is is that every time somebody is criticizing... there is somebody building us up. They may not be in the immediate vicinity in the room, but somewhere in our life there is somebody building us up. If we see them at the same moment, where they are, both of them dissolve. The charge on the criticism dissolves because we realize that all we’re doing is getting a balanced experience. Then if we go and ask the question “If they had not criticized us, what might be the draw back?” Because we never ask that. We’re always assuming that if they... if people praise us, life would be happier or better. But sometimes when people praise us we become dependent ... we feel obligated... we sometimes don’t get challenge, we don’t get creative. So we ask the question “If they had not challenged us and criticized us, what might be the benefit?” If they had done it, what would be the benefit? And if they hadn’t, what would be the drawback? And what it does is it breaks the fantasy that we’re comparing them too and the reason we have the judgment in the first place. When a person’s done with that the charge on this event starts to lessen and they realize that it wasn’t really what happened to them, it’s how they perceive it. Because they just changed it, because they changed their perceptions.

William James, the father of modern psychology said that the greatest discovery of our generation is that human beings can alter their lives by

altering their attitudes and perceptions in life. And I really believe that's true and so I developed the Demartini Method to help people take things that they think are stressing and turn into blessings.

Z: You know John you're reminding me is what this requires is an intervention between stimulus and response... and your process is very intense and I'm looking forward to doing it again... tomorrow... But I'm wondering ... I think people have heard NLP... neuro linguistic programming ...and it's almost like a pattern interrupt... you know like a technique to stop you from going one direction and allow you a chance to have a new thought or take a new action... How would you describe this to people?

J: Well that's it. When you have a stimulus ... let's say somebody criticized you and let's say you have a stimulus and you see pain, drawback, negative, hurt, etc. And that's all you see with that stimulus ... Then what happens is you react and you withdraw and you get pain and you go into knots and they run you... you're outer directed. But if you sit down and go, okay, how did this serve me? What's the options and the opportunities I could get out of this? And how could this be a blessing? Every time you add a new link of another blessing to it, then the stimulus doesn't create the response of withdrawal, it creates a response of opportunity. And so every time we do ... if we just put one or two opportunities or benefits in there, it's not really as powerful as we put 30 or 40 in there.

Z: Oh.

J: So what happens now... whenever that stimulus occurs, our responses are now ... more options. The greater the number of options we have to a stimulus, the more freedom we have in our life. And freedom is what allows us to adapt to environments and change... and allows us to love life and not age.

Z: So the Demartini Method helps us put lots of options and choices between the stimulus and the response?

J: It opens up the plethora of opportunities and options and how we can perceive life. And we can then choose the ones that allow us to get the most out of life. Because it's never what happens to us, it's how we perceive it. The meaning we give to things is what matters. Not the event.

Z: Hmm.

J: Most people are outer directed instead of inner-directed. The Demartini Method gives them back control of their life.

Z: And you can learn to do this like in a moment? Like eventually in the moment something's happening, instead of looking back later?

J: I... I use it every day, throughout the day. It's a normal process and people can definitely learn, by doing this very quickly.

Z: Well this is fascinating. So let's come back and learn some more, huh Dr. D?

D: I can't wait!

Z: All right. We'll be right back. This is Air America. We are the Big Brain Radio Show with Dr. John F. Demartini.

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D: Hey, welcome back to the Big Brain Radio Show. And we're talking with John Demartini about the Demartini Method. And we were talking about something called stimulus and response and how we create more options for our lives by actually taking a look and asking the quality of our questions that we ask... right?

J: Well so often we get in a rut because we don't expand our questions in life...

Z: We keep asking the same questions, wondering why we're not getting different results.

J: That's what they call insanity.

D: You know John you keep saying the stress that it creates... let's talk a little bit about that because stress is a word that's used a lot...

Z: Everybody feels stress, especially around the holidays.

D: And we as doctors know that stress is really an internal phenomenon in our ability to kind of handle our environment. So the healthier we are, the more options our brain has, the more that we're not going to actually perceive things as being stressful.

J: That's so true.

D: Yeah.

J: Well what happens is the more limited the number of responses we have to a stimulus, the less adaptable we are to an environment. And by definition that's stress. So every time we open up new possible perceptions and new possible opportunities from a stimulus, we give ourselves adaptation. So ... as I said earlier, no matters what happens to it, that's not what counts. It's how we perceive it and how we respond to it. Now what's been found is when we have a limited options... and we have a stimulus and our response is withdraw and avoid... what happens we get into stress and the blood supply in our brain goes down to the primitive part of the brains. We got to a very primitive response. And we can go into almost a rage response and a protection response and we can actually be so enraged and protective that we can actually observe ourselves consciously doing this and not be able to control it. The higher stem of the brain can observe ourselves reacting without even being able to control it. This is what happens when we limit our perceptions and limit our options and our perceptions. But what happens is the second we give ourselves options... we do a stimulus and we ask what's the benefit and the benefit and the benefit and the benefit and the benefit that goes on, and keep adding benefits ... what happens then when the stimulus occur, we're not outer directed, we're... we have all these options to decide. So we're inner directed. When we do, we go into the higher center of the brain, the blood supply to those areas go up, our creative areas of our brain soar, and then the creative options even go even further, and we come up with even more options on how to respond. And that's where we refine our life instead of have gross reactions in life. If we have gross reactions in life, the outer world runs us. If we have refinement in perceptions and actions, we in a sense become the master.

D: That's why it's important to be doing something you enjoy because you're more likely to kind of explore your possibilities.

J: Well, even in our actions... you know I had this opportunity just recently, where I was working with a small group of people in a company and they were taking the job description that they did on a daily basis ... that was not as inspiring to them ... not all the job was that way, but just parts of it. And when they had those parts that were not inspiring and they asked the question: How does this particular job duty... how does this specifically help me get what's most meaningful, most valuable and what's more important in my life?... whether it be your children or their schooling or their new home or whatever. How does it help me do that? Whenever they see the links and associations between their job description and what's most meaningful to them, instead of having to be forced to go work, they go to work because they're getting what they dream about. When they do, their productivity, their inspirations, their loyalty to the job all go up. Their stress levels go down. They don't age as much. They're more creative. They have more inspiration. Everybody wins. The clients that they serve go up. Everything goes up as a result of that... by making that connection. So that's the key of life is being able to see that no matter what happens to your life, it still serves you.

Z: And if you really truly give that a shot and those connections are just not happening, you should get a different job or make some new choice in your new life then?

J: Well what I do is ... I haven't found anything that's not connectable. I mean I've had people that are not ... in a job that they think is just ready to just quit... and I take them through this process of asking how does each job position ... part of their job help them. And what happens is it lessens their anger, frustration, resistance and what I do is I don't recommend that they just dump their job. I recommend that they look at what they really would love to do; because if they dump their job and go take something else, they're back in the same position probably in just a matter of months. It's wiser to stop and look at what they really would love to do and start planning and start organizing. Because if you fail to plan, you plan to fail. Start organizing a plan of action to help them really go and do what they really love to do, and then appreciate the job that they're doing now as that transitional opportunity.

Z: And then they've built the skill and the muscle in this area of linking and it makes their new thing work and happen.

J: Because no matter what job you do, you're going to have some parts of it that may not be as inspiring, and that same exercise can be used in that part... to keep you inspired and focused.

D: Well if you're going along with our philosophy which is there are no mistakes, you're there for a reason, you would try and maximize your opportunity until you're ready to move to the next level.

J: Well you get more promotions and more lateral opportunities in a job if you're inspired by it than if you're not. So it's not what happens to you, it's how you decide to perceive it. This little exercise in the Demartini Method can help you appreciate and love that position while it's taking you to the next.

Z: So how you're being in whatever job, you're gonna... if you're being like that, you're going to attract opportunities to you.

J: Well, you're going to be more productive, more creative. You're going to get more opportunities. You're going to get more promotions, and you somehow synchronously connect to the universe... sort of a synchronicity of the universe... you start to draw opportunities based on your inner attention and you draw in your opportunities to get the next step.

D: I think everybody has had that experience, but what we're really saying is every facet of our life actually allows us to do that.

J: I always say there's no mistakes... if you carefully enough. We sometimes jump to conclusions before we look deep and the hidden order takes a little probing. And the outer chaos takes no effort to see.

Z: It's almost like this Demartini Method allows us to have the wisdom in a shorter period of time. You know sometimes people have to wait until their 80 and reflect back on their life to see oh, that meant this and then that caused me to do this. You're kind of giving people and opportunity to collapse that all into a short amount of time to see the appreciation instead of living a lifetime and then looking back.

J: Well I always say, it's wiser to have the wisdom of the ages without the aging process...

Z: (laughter)

J: ... than it is to have the wisdom of the ages...

Z: Here here. I like that.

J: ... with it.

D: So quality questions. And then having a big enough question to start with, right?

J: Yeah, let me give you another example. People come to me and they say, "God I'd love to go on vacation, but I just can't afford it right now." And I said, "Have you ever asked the question how do I go on vacation and get paid for it?" And they just sit there with a stare...

Z: Dumbfounded, right?

J: ... on their face. And you know I actually worked with a lady who... I said what is it you love to do? She said that to me. She said, "I love dancing, I love dancing." She's this big woman, she loved dancing. I said, "So you love to dance?" She says, "I love to dance. I go to the ballroom and I dance. I love to dance. But I don't know. I can't afford to go on vacation." And I said what if you took a group of people that also love to dance and coordinate a trip to maybe Spain to go and study flamenco dancing, or maybe to another place to study a different form of dancing... and coordinate it ... 15, 20, 25 of these people, and put together an incredible tour and itinerary of incredible dancing and had them pay for the trip and put a little bit extra on there to cover your cost and everything else, and go and take an extraordinary trip. She just had tears in her eyes and she saw this and she said, "Oh my god, I could do this." She made \$4,700 on the first trip, and she went for two weeks. \$4,700... that's more than she was normally making. And she did it in two weeks, in half the time. And she did it on her first trip. And she went to Spain. So in other words, the quality of our questions that we ask make a difference. And she just never asked that question: How do I get paid to do what I love, instead of how do I pay to do what I love? What a difference. That one question...

D: Beautiful. We love the questions that you ask John. You know, another thing is as we view life, you know it seems like we're dealing with the same things, but actually we're moving to different levels and sometimes it can have the appearance that it's the same. Is that correct?

J: Well, every time we solve a paradox in our life, and solve a problem, we've expanded. We never really go backwards. It's like a rubber band... once it's been stretched it's never quite the same. And we're going through that. Now what happens is because we have a yearning inside ... an immortal yearning inside to continue to grow... and we're always comparing ourselves to the next thing in the future... we sometimes don't appreciate what we have accomplished. And I think every day it's wise to stop maybe at the end of the day... and I know I do this in the morning and evening ... stop and ask what did I accomplish today and what can I be thankful for. And log that. I have a blessing sheet... it's in my book. I think you've seen my book.

D: Sure.

J: In this book... and I update that daily. What can I say thank you for today? And I keep adding to this on daily basis. So if I ever have a moment where I'm not inspired and grateful, I go read that book and what it does it brings tears to my eyes... of all the opportunities and things that I've experienced in my life. It's been found that when you have gratitude... I always say that gratitude is the key that opens up the gateway of the heart and allows love, which is sitting there waiting to come out, to come out. And when you have gratitude and love, your heart relaxes. Your brain synchronizes. The brain and heart go into what they call phase lock and they start to synchronize their actions. And the power of our intention and creativity is maximum. There's nothing greater than having a state of gratitude as far as potentiality for human beings. And so if we don't take the time to stop and reflect and think, and see how things are helping us and then something to be grateful for, we hold ourselves back and we go into the little brain, instead of the big brain.

D: You know the other thing is with gratitude... again, I know it's obvious but I just want to make it clear ... gratitude can express everything that's happening to us... the support and the challenge.

J: Well if you get nothing but support, you become dependent and weak. And the very person that supports you, who actually helps you become dependent and weak, is challenging another way. And the person that challenges you ... it seems like a challenge ... is actually supporting you because they're making you strong and independent. It's been shown that when people have the perception that they were more supported than challenged in their childhood, they're more likely to work for other people. And when they've been more challenged than supported, they're more likely to work for themselves. In other words, they are more entrepreneurs if they've been challenged in their perceptions and more intrapreneurs ... working for others ... when they've been supported. So both of them work ... and the thing is, our society needs both... but the person who's been challenged that may be griping, may actually not look and see how that's made the difference. I had this couple... this brother and sister ... and the brother was saying "Well my sister had a better deal. She got more support. She got more nurturing." And I asked the guy... I said, "Your sister... you said she's got a better deal. She had a more nurturing and more affection?" "Yeah, they challenged me, they didn't give me any affection." I said, "Would you trade places with her today?" "Oh no, no. God no. She's still living at home, she's 43."

Z: (laughter)

J: And I said, "Well the very challenge that they gave you is giving you your freedom to travel and to do the things you do. But in the situation of your sister, she's more close and more..." ... I always say that there's the wanderer... the nomadic wanderer and the homebound. The homebound is usually the one who is supported. The wanderer is the person who is challenged. Both of them serve the world. Be grateful for both.

D: And when we do this gratitude ... and you talk about the heart and brain being synchronized... it would seem like more energy would show up in our lives. You know everybody's complained about being tired. It would seem like this is almost a natural way to have energy... because nothing is created or destroyed. The energy is there.

J: Well our vitality is directly proportionate to the vividness of our vision and the clarity of our communication and the inspiration that we see and possibilities for our life. So if we all of a sudden we bring phase lock to our brain and our gratitude, we automatically raise our energy. I've actually

taken people who have... I've taken them into the wee hours of the morning in my seminars... actually as an experiment. We go all the way to 2:00 in the morning and people are like "oh, I'm ready to go; I'm tired" and everything else... then I stop them and actually have them think and make a list of what they're grateful for, and they do a gratitude exercise ... and all of a sudden they wake up. They're surcharged again. And just to demonstrate to them the significance of how gratitude can resurge energy and less resistance in our life.

Z: That term phase lock, is that a quantum mechanics? Quantum physics term?

J: No, phase lock is ... it means when there's two ways ... let's just say we have ... we drop two pebbles in a lake. And what happens is the pebbles at first are distinct. And the waves that come off of them are distinct. But as those waves overlap and merge, they eventually join and go into the same wave... they become one wave together and increase their amplitudes. That's called phase lock. That means the peak and the peak of both waves start to line up, and they synchronize. It's just like if you put a group of men or women together, and they sing individually. It's one note. But when they sing in a choir, there's something happens... there's a harmony in a choir that develops ... a synchronicity in the voices and they all line up and synchronize. And there is now an increase in amplitude ... they don't cancel each other. And phase lock in the brain is where you get the maximum out of the heart and the maximum out of the brain and they phase lock. And you really get love and wisdom. And love and wisdom of the heart and mind and brain is the key to maximizing our potential.

D: So now we come to one of your favorite subjects and mine ... is love.

J: Well...

Z: (laughter)

J I think that's the bottom line. I always say there's nothing but love, all else is illusion... if we don't look, we don't see it. But if we know how to look... And I define love ... and this going to be kind of an interesting definition here. I define love as a synchronicity and synthesis of all opposites. It's just like when two people get together... love birds. Very commonly what's important to him and what's important to her may be

different. And as a result ... I always say the thing that is highest on his value is sometimes lower on her value. And the thing that is lower... highest on her value is sometimes lower on his value. And what happens is they literally assist each other and supplement each other and assist each other in making wholeness. And so this is what I love. The synthesis and synchronicity of opposites I call love. And sometimes we think that we're supposed to be all the same, but remember the old ancient proverb I'm making up right now ...

Z: (laughter)

J: ...that if any two people are exactly the same, one's not necessary.

D: Gee, that would get a little boring and lonely, wouldn't it?

J: Well, that's the thing. I think it ... I think there is a story about that ... with Eve, I believe in fact.

D: Do you want to tell that story?

J: Yeah... Eve was sitting there on earth and she contacted God and she said, "God, look. I'm a little lonely down here. I'm all by myself. I'm frustrated and I'm bored." She said, "Is there anything you can do for me because I'm lonely?" He says... God says, "Yes, there is something I can do. But there's a catch to it." And she says... Eve says, "Well, what's the catch?" He says, "Well I can send you something but it's going to be challenging. I'm going to send you a man. Now this man is going to give you challenges, give you snags, going to be aggressive. ... It's going to do this..." And God just gave all the downsides of man. And Eve said, "Well that's... how's this going to help me?" He says, "Well, you're never going to be bored, the rest of your life. You're always going to have something to be dealing with."

Z: (laughter)

J: "And so you'll never be bored again, but you'll have to deal with it. But in order to have him... there's only one catch. There's actually two catches. One, you gotta promise that you never let him know that you came first."

Z: (laughter)

J: “Make him think that he came first and that you came from him. And second, don’t ever let him know that I am a she, not a he.”

Z: (laughter)

J: A goddess.

Z: Ah, a little different from the Genesis version, but that’s a cute joke. It’s very cute.

D: And every woman out there is going yeah, I always suspected so.

J: Don’t let him know.

Z: Don’t let him know.

J: Yeah, and it wasn’t that woman came from a rib, it’s... it’s man came from the toe I think.

Z: (laughter)

D: There is a story like that.

J: Yeah, there’s a story.

D: So we have just a ...

Z: Just a few minutes left, yeah. We’re going to take a break and come back one more time with Dr. John F. Demartini. Give you some updates on what’s happening here on the Big Brain Radio Show and...

D: And what John’s doing... got a bunch of things going on.

Z: Yeah, that’s right.

D: That he’d like to share.

Z: That’s right.

D: And the idea of unconditional love... because that's all there is. We will probably take a break.

Z: This is AM 950 Air America Minnesota. Big Brain Radio Show.

(music)

(music)

D: Hey welcome back to the Big Brain Radio Show. And as always, when you're with John Demartini, there is no such thing as time... it just passes by.

Z: Boy it just flies by. Let's give them a few announcements on what people can look forward to in the next couple of weeks. Dr. D...

D: Well, next week we're going to have a fantastic lady who is the Jelly Bean lady.

Z: The Jelly Bean lady.

D: She has learning... she has a special learning for children and she's gotten pretty involved with schools. And she has a very interesting story about how she came to be this person because of some difficulties she had that she had to... like John said had to overcome. It created who she is today.

Z: So that will be next week. And what about our health style makeover?

D: Well, we are just about ... I think we're through the end of January we're going to be doing that.

Z: Yes.

D: And we're going to have them on the show ... probably after the holidays, don't you think?

Z: I think so. Yeah, they'll be ready to share from their experience.

D: And we are having some fantastic results.

Z: Really, they've been great. And lots of interesting things happening.

D: And they've been inspirational to us too.

Z: Yeah, that's right. So, we're looking forward to having them.

D: And John, what do you got going?

Z: Yeah, what are you up to Mr. ... Dr. Demartini?

D: Are you do anything John, or just hanging out?

J: Oh, just...

Z: You lazy bones, what are you doing?

J: Well, there's lots of things happening. I've been blessed with some new books that are coming out. Some of ... you know about the Breakthrough Experience ... the book...

D: Yeah, the Breakthrough Experience ... the book "Breakthrough Experience" really kind of covers some of the things we talked about today.

J: Yeah, one of the seminars that I do around the world is called the "Breakthrough Experience" and that's now in a book form and ...

Z: Where can they get that, by the way?

J: Hopefully they can get that any book store.

Z: Barnes & Noble or Amazon.com.

J: Barnes & Noble or Amazon... or they could go to my website at www.dr-demartini.com. And then ...

Z: Dr. Demartini dot com.

J: Yeah, drdemartini.com. And there's lots of other things. One thing that I'm really inspired about that is about to come out here in about a month and a half, is a new primetime television special.

D: I want to hear about that.

J: Well, what's happening is there's a thing... and I hope that everybody keeps their eyes open for this because this will be started to be advertising in just a matter of weeks here... called "The Secret". And what it is is the secret behind the greatest achievements... the greatest accomplishments... of the greatest minds and beings throughout history.

D: And this is on FOX, right?

J: This will be hopefully on FOX. I believe it's on FOX... on channel 9 or whatever it is here. And what it is is it's going to be a two-hour primetime special that will go all the way around the world, all within 24 hours... starting from Melbourne, Australia, going all the way around the world, through the United States, through Europe, through Asia. They're expecting one billion people to watch this two hour special.

Z: One-sixth of the planet.

J: One-sixth of the planet. And I'm blessed to be in this special.

D: I think it's great. You showed me a trailer that's very powerful. "The Secret". The secret to life and it's no surprise you there.

J: Yeah, it's definitely... it's going to be an inspiring piece because it will keep you glued to your seats, I guarantee you, for two hours.

D: Well, I'm sure it's going to be great. Anything else you want to...

J: Well, I've been blessed to have the opportunity to have ... I'm working on another book. I have another book that's come out on ... You Can Have an Amazing Life in Just 60 Days. And another one that came out "How to Make One Hell of a Profit and Still Get to Heaven"... so they can go and check out if they'd like to have more wealth, or maybe have a more amazing life, or breakthrough. All three of those books are available.

D: So John, in closing... You're a very inspirational individual and you are that because you connect with the parts of people that they already have with themselves that sometimes they're just not clear about. Is there anything you'd like to leave for our listeners today?

J: Right. If we let fear and guilt run our lives, we shrink ourselves. If we let love and gratitude guide our lives, we expand our magnificence and do extraordinary things.

D: And that's what we say. The big brain is the joy of life. That's what life is about ... living... the experience of living when we know that this is something special. And I think we get a little scared. Like you said, there's fear.. that we're going to lose it. Or there's guilt that we didn't do the right thing. But when you have a method like yours and a person like yourself that supports us, we know that we can actually continue to create the experience for the rest of our lives.

J: Well one thing that is a nice affirmation that everybody can say, every day of their life, that no matter what I've done or not done, I'm worthy of love. And no matter what anybody else has done or not done, they're truly worthy of love. If we keep that affirmation running in our minds, we tend to lessen our own judgment on our self and other people. When we do our heart opens and we get to have the big brain run our life.

D: Gosh, we got to write all this down. We got quality questions, we have gratitude. We have seeing life as always being the right thing at the right place at the right time, because nothing is missing. A little affirmation that I picked up from you. And ...

J: We want to live our lives by the real secret, which is the power of our intention to create our dreams and not be letting the world around us run us, but our heart.

D: We are more powerful than anything else around us.

J: There's nothing mortal that can interfere with an immortal dream.

D: Well certainty... certainty wins, right?

J: Whoever has the most certainty runs the game.

Z: Well, Dr. Demartini, it's been a pleasure. Thank you for joining us.

J: Thank you again. Thank you so much.

Z: You make such a huge difference wherever you go.

J: Well thank you.

D: Thanks, John.

Z: It's amazing.

J: Thank you so much.

Z: You've been listening to the Big Brain Radio Show. Tune in again next week, 11:00, AM 950 Air America Minnesota.