

BigBrain Radio Show

3-24-07

Karen Stewart

D: Hey, good morning. It's the BigBrain Radio Show. I'm Dr. David Stussy and you can call me Dr. D. And again, we don't have Dr. Z. I think she's in China now. Yeah... I think she is, but we'll be hearing about it, all right? But we have another BigBrain with us. We have Karen Stewart, who I think is a truly BigBrain, because she has taken one of the most controversial areas in life, at least in relationships, and has tried to bring some sanity to it... some clarity, some method... a BigBrain person all around. And so... I think I have on the line... Karen... you're from... you're in Calgary, right?

KS: I am.

D: Okay, well Karen is a financial guru... a former stock broker, an MBA grad. She's one of the few certified divorce financial analysts – that sounds pretty sophisticated – and she has taken concepts that ... some of the concepts I know because I met her at a seminar put on by Dr. John Demartini who has been on this show a number of times and is well known for being involved with “The Secret”... and is a big thinker. And... let me just kind of review a little bit on the BigBrain Radio Show everybody knows that the BigBrain stands for a life itself. We have a brain... a physical brain that has sensory input that we kind of react to, which is called a motor reaction... and that's our physical. And then in terms of our metaphysical brain – or some people might call it our mind – where life really exists... it's unwearable... we can't put it in a box, we can't find it, but we know that that's what life is all about... it's how we create culture, language, ideas – knew ideas like Karen has. And it's what makes life available. And the sensory component of a metaphysical brain is attention... what you pay attention to... what you notice. And if you're really in the present, in the now, then you see things that make a difference. You create them in your BigBrain and then you have a motor reaction and so you create an intention. And a lot of us have been there at different stages where that feels like it's pretty natural, but one of the things that makes intention and attention easy is when you find somebody – a BigBrain – who has

already created things. In fact, I always said a BigBrain in our life is someone who has said something to us, given us just a little insight... pretty much changed the course of the rest of our lives. And I think Karen is one of those people. So... Karen, anything you want to add to that?

KS: Well... I... thank you for that. And... um... I will do my best to live up to the BigBrain expectations of your radio show Dr. D. (laughter)

D: (laughter) You can... I ... I'm still... you wouldn't be here if I didn't think you could because I know what you're doing is a... You know you really... taken... you know... one of the BigBrain philosophies is that life is a blessing and all events have two sides to. And of course, divorce is one that looks like it has a definite side to it and we'll get to that I'm sure. But in your own case you went through a divorce that probably was a little one-sided. And ... but the blessing is that it initiated some thoughts using your background in finance and your background in human behavior, and your background in motivation, to come up with something that is entirely new for people in terms of getting a divorce. Is that correct?

KS: Absolutely. And I think the ... the thing that you said is there's always two sides for everything. And divorce, unfortunately, in society has had a very negative connotation. So we've allowed a lot of negative things to happen through the process of divorce. And certainly in my own case, um... you know I refer to my divorce as a gong show. Not only ...

D: (laughter)

KS: ... did it cost in excess of a half a million dollars of legal bills out of my own pocket... um... it just caused...

D: Ouch! Ouch!

KS: I know! You know just a pathway of destruction from beginning to end. And um...

D: Pathway of destruction.

KS: ... at the end of it...

D: That's great.

KS: Ouch. I know. It still hurts when I say that (laughter).

D: Hey, you know...not to interrupt but I've got... I had... I have a woman who's an expert in Latin... she actually studies Medieval history ... she's probably one of ten in the whole world. Any way, I had her look up the word "divorce" in Latin, and it means point of separation or watershed. And I thought the watershed was kind of interesting because a watershed is where the rain falls in the mountains and it can go either way... east or west... it's the point in which direction your life takes.

KS: I love that. I guess it goes back to the road less traveled. Right?

D: Yes.

KS: And when you're at the fork in the road of divorce you can go through it two ways. You can go through it empowered, and you can see that as an ending of a cycle in your life and the potential for a new beginning, or you can go through it as a victim. And I really believe that we can empower ourselves to go through it as ... as... will be empowered to moving through it. It's really simple... divorce only involves two things: Money and children. And it's when our negative emotions get caught up that we end up laying the road of destruction and chaos.

D: Well, don't the children and the money kind of become a material way for people ... here again you have the physical and the metaphysical. There's the metaphysical component of divorce which is the anger and the thoughts and the created stories and the... you know it almost becomes a fantasy sometimes and then you have the physical presence of money and children. You use them to manipulate the result... based on how you see things. Is that correct?

KS: That's correct and that's exactly why it's time for new ways. It's exactly why there's ... it is time for alternatives to the traditional system of fighting it out in courts and with lawyers. Because of the fact... both things are very present in divorce. The emotional side is extremely present, in fact more so than at most other times in our lives. At the same time, there's to very tangible things that need to be dealt with and addressed very pragmatically, which is money and children. And, what we usually see... and never intentionally... nobody ever goes into divorce and says I'm going to use my children as a... as a pawn, or I'm going to...

D: I think there's people that would question that.

KS: (laughter) Well, let's hope that most ... well you know I hope... I have never met anybody says that that was their intention when they started.

D: Okay, that's good to know. That's good to know.

KS: However, what happens during the process is that ends up... that ends up being the outcome. And that's what's really unfortunate... and absolutely unnecessary.

D: Well you have... I've read most of your book called "Clean Break", which is going to be coming out soon. Right?

KS: Exactly.

D: You were nice enough to let me read an early edition. And one of the things that you have on your website is called "The Old Way, the Fair Way" and ...

KS: Mm hmm.

D: And they are different... two things. And the clear road to a new life is what you say that you would like to create. Is that correct?

KS: That's totally correct.

D: And I think you have like four points that you'd like to create for people in this new road, is that correct?

KS: That's correct, and those four points are really... and I think it doesn't matter if you're using... using my business for every divorce solution, or whether or not you're just finding some other alternatives. But really there are four things that people need to focus on...

D: Could you...

KS: ...the first thing is ...

D: Okay, good.

KS: ... reducing the cost... keeping the money in your pocket and insuring that you minimize the financial cost to the family. I mean let's face it, divorce is costly because you're splitting assets. It hurts to begin with. But you can certainly minimize that by being proactive and strategic about the way you move through it. Secondly is reducing time. Moving through divorce is no man's land. You've decided to end your marriage – voluntarily or otherwise – and ... um... there's a road... or a gap between that and your new beginnings. And really, what you need to do is you want to narrow that gap such that you can transition in a more timely fashion because...

D: How... how long did your divorce take?

KS: Oh, for over four years.

D: Are you kidding me?

KS: No. And what's so sad about that is ... you know you hear four years but what you don't see is the emotional drainage that happened on not only myself, but my children... the financial drainage... not on my bank account, but my businesses. And what's interesting David, when I went through it, I ... I thought my gosh, I must be the only person... this must be... I must be... this must be the worst divorce in the world. And when I started to get in the marketplace and start to ask questions and interview people, I realized that no, actually I was

typical. There were other horror stories... and in fact were worse than mine. That's why I'm so motivated to propose an alternative to the ... to North America.

D: Well I interrupted your four things. You had money and time... what's the ...

KS: Money and time. The third thing is stress. Again, moving through divorce strategically, trying to make pragmatic, empowered decisions so that you can remove the emotional ... emotions from the equation is absolutely key to a successful outcome of divorce. And stress comes from fear. Fear comes from the negative anticipation of something to come. So if you are an empowered decision maker without affidavits and threats flying back and forth, then you can move through and make pragmatic decisions. You're not in anticipation of something negative to come your way. You remove fear and thus you have less stress. And the fourth and most important thing to me, and why this is my life, mission and passion is saving the children. Children are so disempowered through divorce because of the way us adults and our society has chosen to deal with it and it's just a shame. And if we can get... if we can be the best that we can be as adults and parents and spouses moving through divorce, then our children will have a chance to be empowered. And I believe that's possible. My children are now empowered, but it took a lot of faith and a lot of hard work.

D: Well I'll tell you... um... ah... I just want to summarize here before we take our first break and I'm sure people are wondering a little bit ... well what goes on. And my overview is that she has created a process where the couples meet the first time with them and then they're pretty much separated for all the negotiations. And then an attorney is really limited in their involvement. And that the costs are dramatically less... dramatically less. And all the things are taken into consideration in somewhat of a civil way. And that not everybody qualifies for this... I know you do a screening on that... and that you're in Calgary, Canada at this time. Is that correct?

KS: That's correct.

D: I also know that you have given up a very successful stock brokering company and sold it just so you could follow your mission here. And the BigBrain is about finding our mission in our life and then following it... not listening to perceived authorities like attorneys and judges, etc., but actually listening to our own heart and following that and then being clear about who we need to have work with us in order to create that. So... the things is that starts all this is a thing called love. So we probably should talk a little bit about love when we get back, because what happens. So we'll listen to this and we'll be back in a minute. This is Dr. David Stussy, Dr. D... welcome to the BigBrain Radio Show.

(music – “Ring of Fire”)

(break)

(music – “Jackson”)

D: Hey, welcome back to the BigBrain Radio Show. Yeah, we got married in a fever and then the flame went out. Well what happens then? Huh? And then we ... before break we talked about the ring of fire... going in and falling in love. And that usually ends up in marriage and when it ends up in marriage ... you can grow old together or something else happens. I thought that was kind of cool. What do you think? Does that bring us up to our point? We have Karen Stewart, a world expert on divorce, by way of actually being experienced in the matter... and then taking all her experiences... a financial guru, and as a stockbroker, and as a motivator of people... an MBA grad... and has come up with a company called “Fair Way Divorce Solutions”... and we’re just kind of getting into it. So tell us a little more ... let’s talk about the love. What happens there?

KS: Well...

D: You obviously loved your husband at one time, right?

KS: I did.

D: You probably still do in some way.

KS: Oh, you know what... and I think... I think hopefully love is... is universal. And we have to remember that love and hate are very, very close (laughter).

D: Well...

KS: And ah...

D: Well they actually are the same because every relationship has an equal number of positive and negatives. You can... you can... the person you love, you could come up with equal things that you dislike with them, but we tend to ignore them instead of... and just acknowledge that they're there. You know love is the complementary... is the full complement of full... full combination of complementary opposites. That's what love is. I mean... and everybody looks for this one sided life... you know... wants a person that's nice and do everything and follow us and always tell us the truth... and they're just not going to do that. And um... even your case, you know, I think you kind of wanted to believe your husband and he wasn't telling the truth... and it probably interfered with your ability to see the truth.

KS: Well, you know I'm a real believer in accountability. So I would never blame my husband...

D: I know you're not...

KS: ... for my inability to see the truth...

D: I know you're not.

KS: ...however, I certainly would blame my state of denial as that.

D: Right, that's actually what I was talking about.

KS: (laughter)

D: But... hey, we all fall in love and we all have a fantasy... so I think the sooner we see that and that allows you to... like when Johnny just... Johnny Cash just said... well it really wasn't Johnny

Cash, it was from the movie Johnny Cash... (laughter)... anyway... the flame goes out. So what happens then? So... how for people... do we have a little quiz for people that they can actually find that? Right?

KS: We do.

D: And I have it right in front of me... and I'm going to read it... and the Fair Way quiz says "Achieving a fair outcome is more important than getting back at my spouse." Yes or no. What would we like to have there?

KS: Well hopefully a yes.

D: Okay. Saving money is more important than getting back at my spouse.

KS: Yes.

D: Yes. Saving time is more important than getting back at my spouse.

KS: Yes.

D: Protecting the children is more important than getting back at my spouse.

KS: Absolutely.

D: And moving on with my life is more important than getting back at my spouse. So those are the things that would make you be... you'd be interested in Fair Way... right?

KS: That's correct...

D: Now as I was asking these questions, I could see why people would say no because they're scared of the other spouse... of what they might do... with their attorney and all the different things that go on pre- and post- divorce. So... do you understand what I mean? Like they're manipulating the background, and they're not going to be

fair... and one partner is far more powerful than the other partner ... and that sort of thing. And that's very, very disabling and unstable to... usually it's the female, but not always. In your case it wasn't. But...

KS: Yep.

D: The same thing has got to be in the background. So that's something that needs to be addressed, probably right away. Isn't it?

KS: Totally. You know the biggest thing that we talk about in... when we're moving couples through couples through divorce is trust. And ... one of the first things that goes out the window when the word divorce is brought into a ... into couple's reality... trust... the word trust ... become... I mean trust just flies out the window. And all of a sudden neither party trusts the other party. And you know we expect that. You have to call a spade a spade. And so what you need to do...

D: Well, there's probably been a series of times when they're... if it gets to this point where that trust has already been broken, right?

KS: Absolutely.

D: So there's kind a history of how much people will believe anymore.

KS: Mm hmm. Absolutely. Everybody gets to divorce on different paths. And typically it's lack of trust, lack of respect...

D: What do you do to tell the people now that the trust could be there in your particular method? You know tell us a little bit.

KS: Well I'm a real believer that actually trust needs to be removed from the equation because...

D: Ah.

KS: ... to... to be naïve and suggest that a couple is going to trust one another moving through resolution, I just ... I just call it that. I think it's...

D: That is excellent. I love that. Okay.

KS: Yeah.

D: Fill more in.

KS: So... number one... and the way you remove trust... the way you... you remove trust the way you ensure a win-win outcome is to have a strategic approach to resolution. If you are going step by step and making empowered decisions, well-informed decisions along the entire process of divorce, then trust is not an issue. The only thing you're having to trust, I guess, is that the right information is being provided to... and accurate so that you can make informed decisions as you move forward.

D: That's the process that you created... is that correct?

KS: That's exactly right. I call that process independently negotiated resolution.

D: Say that again. I like that.

KS: Independently negotiated resolution.

D: Wow, that's good.

KS: Yeah, and what it addresses is that fact that each person will come to resolution in a different way. So while one person can move through very pragmatically, perhaps they have a really good understanding of the numbers and they're well-informed about the financials for example... they'll move through the process of decision-making very differently than perhaps the other spouse, that maybe has never... not been involved in the financial decisions in the course of a marriage and therefore is feeling insecure. And they're going to need a lot more hand holding, a lot more education, a lot more time spent on insuring that they are comfortable with the outcome. So we ...independently these parties move through to ultimately get to one win-win. And that's what I want to stress... is that in divorce we automatically assume a win-lose proposition. And

when I went down my divorce, the lawyer said to me, “Karen, it’s a zero sum gain.” And I didn’t understand that it was not only a zero sum gain, it was a negative sum gain...

D: (laughter)

KS: And the truth is, there is a win-win. And people have to realize whether you come to a resolution on your own... an empowered resolution... a win-win... or it’s an... or if it’s... um... the resolution is put on to you by either negotiations of the attorneys or by the court system and you don’t want it, that’s very disempowering. So there will be one resolution ... and better that you are in control of that outcome.

D: You know I told you I remember that one part of the book where the judge ruled with your husband and cut your salary, even though it was your company...

KS: (laughter)

D: ... and you actually had to give back money and you scrambled like heck to re-transition your life. I think ... wow... that was just like... and I realize that it must happen all the time and that... and people we’ve had it... other types of legal things where... it just felt unfair. Like where are these decisions coming from? It seemed like you’d kind of given away your life.

KS: You know and I think that’s why it’s called “Fair Way” because I think the whole process can be complete unfair and disempowering and talking about something that can throw you into victimization in a matter of an instant... you know an instant. What I really encourage people to do is start to draft a... I call it ... take like a paint brush and paint your perfect outcome. What is your life going to look like after the divorce? And start to focus on creating a new beginning for yourself. And it’s amazing how that will help shift somebody out of self pity and victimization... when they start to see and fantasize about the future. And you know you talked about... ah... the secret. Well, therein lie the perfect way to apply that ... that power of creating a future through your minds eye and it’s amazing that the world will unfold to achieve that.

D: Well you know, you actually hit several things here because the brain has a very interesting ... we had a show about females and females see things out of both sides of their brains. Like if it's a left-sided problem... let's say it's numbers ... they still have visualize it... and they have a way of looking at it, whereas men tend to be compartmentalized ... they're just in one side and then the other. So you're... you're what you said earlier... is good... because that would kind of address that by giving them the appropriate input they need. I mean if you have an analytical person, if you don't give them information they are not going to be able give it. They just need that.

KS: Mm hmm.

D: And we all have different ways of looking at it. But then this idea about fantasy is you know... the power of life is being in the now. And the now is empowered by seeing things in balance. And it's the imbalances that we create that really cause problems. So... hey, this is Dr. D. You are listening to Karen Stewart, a world expert on divorce... the Fair Way solution way, which is incredible. So come on back. And this is the BigBrain Radio Show.

(music)

(break)

(music)

D: Hey, welcome back to the BigBrain Radio Show. Listen to some... listen to this little ditty about divorce. Huh?

(song – D-I-V-O-R-C-E by Tammy Wynnette)

D: Hey, welcome back to the BigBrain Radio Show. Our D-I-V-O-R-C-E ... the point of separation... or it could be a watershed. Take the direction you want to go. So... this is very exciting because I do think you create that watershed where they can actually go in a direction that would... it's the best for them. Right? And also they brought up that little thing we talked about, which is children. So... we're talking to Karen Stewart... world expert on divorce. She has

Fair Way Divorce Solutions in Calgary, Canada. And at the end of the show we'll talk a little bit about how she is available for everybody in the United States and Minnesota... of course is where I record this show today. So Karen, we left off just talking about the ... the ability to be in the now is to have a balanced perception, to see the positive negative as equal on each side and emotions are pretty much imbalanced perceptions. And it's the emotions within a divorce that probably create the greatest problem, right?

KS: That's exactly right.

D: So... tell us more. How do you handle that stuff?

KS: Well, you know... again it's about having a step-by-step methodology that people are moving through on resolutions. So what we do is... first of all to recognize and to call a spade a spade. When you're going through a divorce you are typically an emotional wreck. Um... and ... with both right brain and left brain people I find the same thing...

D: I'm sure.

KS: ... the same... the same reality. First step and what we do with people is like... we do not negotiate with a couple together. I am a trained mediator and I have done a lot of mediation in my... in my career. That being said, um... people bring... there's an imbalance of power when you're going through a divorce. Typically one party may hold the power in maybe the children, and the other one may hold the power in maybe the children and the other one may hold the power in the financial situation. So to mediate them in a traditional scenario, where you have them sitting across the table, I just say that's a recipe for major button pushing...

D: (laughter) Really!

KS: And it's a tug-o-war. So we ... when people moving through divorce... they need to be allowed to move through... make resolution on their own accord, the way that they can do it. And I break it up and we deal with the financial stuff first. You know, what is the pie? You know, what are the values of the assets? And believe it or not,

David, a lot of the arguments that happen in divorce happen around putting values on houses... and assets. It's amazing how the price or the value of an asset tends to change depending on who's going to get it.

D: Really?

KS: Um...

D: Wow.

KS: So a lot of argument and a lot of hours and ... and fees can be spent on trying to agree what is the value of the asset. In our model, and the model that I think really should be universal is you don't split the pie until you figure out what the pie is. And that... that prevents tug-o-war. Because if you don't know whether or not you're going to end up with the house or perhaps your spouse is going to end up with the house and all of a sudden you're in a position to step back and be objective about the price because you may end up with it, or you may not end up with it. So... that's... you know it's common sense. You have to determine ... you have to figure out what are the values of the assets first. Once you've done that, then you can apply a lot of... um... common sense and financial planning and short-term planning and long-term planning to create a structure of dividing the assets and ensuring that both parties can move on and be ... have some degree of financial security.

D: You know this is probably where your power comes because of your background... you know how things... you know... your life is created from the past and the future and things you have done. So as a financial individual, highly involved with that, you have an ability maybe to create some successful solutions so they feel secure about their family... about their future I mean. Especially their financial future. In fact, that was one thing we first talked about when I first met you.

KS: (laughter)

D: So that was kind of like a big thing in life. You know?

KS: Well, it's a huge thing. And it's interesting ... when you talk to people who've been through a divorce and you ask them how much time was actually spent on not just dividing the pie, but looking at the implications of the division of that pie...

D: Well I'm sure most of the time...

KS: ...Did anybody actually analyze it and determine what the outcome of that was going to be and most of the time the answer is no. And that's where I think a big mistake happens in the way that we move through divorce in the old way.

D: Well you know... you know the ideal with the finances on doctors and one of the things is the people who handle their finances don't ever come up with a strategy, they never create a plan, they don't look into the future, they don't give them really good solutions. And I'm sure most attorneys don't give the people involved in divorces solutions. So this is like a break-through because obviously there's things that you know that they don't know...

KS: Mm hmm.

D: But you could really give them information that would change it. You know I've got this thing here on your website that says "Money Walks". In the old way, the lawyers look like they get a good third and in this one they get just a little sliver here.

KS: Mm hmm.

D: So that's important.

KS: Well one of my favorite things, David, is those who fail to plan, plan to fail. And that happens in life in general with most things, particularly money. But in divorce that even applies to a greater extent because we tend to be having to plan with less assets than we had in the past.

D: Well I think... this is such a great... this is such a great part of what... you know from... you know this is kind of an insight I just had right now... obviously... it's obvious... that you can make a huge

difference there because they just kind of get left with their... whatever a normal divorce you just kind of get left with the remnants of the battle. And then they just sit there. Even people who think they know what they're doing. So this is very, very good. So continue.

KS: And I think the other thing is... we have... there's no such thing as status quo, right? In life we're either moving forward or we're moving backward. And if we can get people in divorce to start focusing on creating their future, guess what happens? They move out of their pity party, from the past... because now they're focusing on moving forward. So like I said, what ... what are... what are the values of the assets? That needs to be determined first so there's no argument once we go to split them up. Then the second step is how are we going to split it up and that needs to be well thought out with the both short and long-term implications. And then what happens – and this is where I get chills down my spine because this is where I... I get so excited ... and you talk about love... this is really what it's all about... is that once the money is negotiated and you move to parenting, guess what happens? There's not a lot of fighting... because number one, you remove the ability for the tug-o-war. People's fear is put to rest... they no longer have fear around the financial issues, and they can get really, really clear working as a team and finding the best outcome for their children. And if you look in research how much ... how the large percentage... I can't... I could be off on the number, but I believe it's around 30% of custody is decided in the United States in the courts. Can you imagine how... how absolutely fearful that is to have somebody else determined the outcome of what's going to happen to your children? And the reason it happens is because people get so stuck. And what happens with our process is it slows... and people are amazed. Well, how'd you do the parenting plan? How did this couple that came in here, you know not necessarily liking each other... in fact, reasonable conflict in that relationship... and here they are actually coming up with a parenting plan for them to co-parent in a positive way to empower not only themselves but their children for the rest of their lives? I mean this is... for me, this is why I'm doing this. This is why I am so excited about not only spreading the word about a new methodology, but also about spreading the word about Fair Way and getting people to shift out of their present paradigm...

D: You know this is a...

KS: ...that's it.

D: I can really see. So when you get the money handled, which is the big fear because how are people going to take care of themselves, and I did this for them... I put him through school... and all that story that goes with it... And then... and if that isn't handled fairly then people start using the children to manipulate to get back. But if that isn't necessary, then they can handle... where they both... they all love their children... they get a chance to handle it. I can really see where that works. That's quite unique. I like that.

KS: Yeah, it's very, very powerful, and it works. And... and... you know... like I... like I said before, nobody – well hopefully, very, very, very few people would actually say ... verbalize that they were going to use their children to manipulate. But let me tell you, that's exactly what happens. It's impossible to avoid it because that's the... that's what happens in the traditional way of negotiating. Whoever... whatever power you hold, you're going to use in negotiations. Our process eliminates that. There is no power struggle. It's all about finding a win-win. And I always believe there's one ... one best outcome. And that's the key... is to focus on finding that best outcome. Because if we truly find the best outcome and if people are committed to doing that, the best outcome... the one best outcome will in fact be the best outcome for the entire family. And that's a real paradigm shift. But it's possible... and every case that we've worked with we've been successful in finding a win-win.

D: Can I ask you question? Now, I read someplace that you have a seminar called "Transitions". Do you still do that?

KS: Yeah, Transitions is part of... actually part of our process and imbedding in our process.

D: And this is about them ... allowing them... seeing how to make choices and conflict resolution? Or...

KS: Yeah, it's sort of all encompassing. It lays the foundation and the platform for moving forward. And we're really excited about the opportunities that are available and I just have... you know... you know... a hundred years wouldn't be enough time to do what I have envisioned of doing, but things to empower children and people and...

D: Right, but my questions was... yeah... about the children themselves... is anything done to take care of their questions or their thoughts? How is that handled?

KS: Well, what's interesting again is that we don't have stuff where we involve the kids...

D: I like that.

KS: ... one on one yet. But I want to give a message along that and that is the best gift that parents can be... can give their children moving through divorce... is to be the best that they can be. If each person just focuses on becoming the best that they can be in their life and in moving through divorce, as one of those transitions in life, they will empower their children.

D: Well you know I had this mental picture of... and this is probably just from TV shows and stuff like that... of the children's manipulating... trying to manipulate the parents because of the guilt of the divorce... you know?

KS: (laughter)

D: You understand what I'm saying?

KS: Oh yes, and I think that ... that they do it because they think they can get away with it. (laughter)

D: (laughter) Right. So they got... to be very clear about this. So that's where the parents actually have to stand together and be one on that one.

KS: Well they have to be united for sure.

D: And I know that you... we have an equal friend ... we talked about John Demartini and I've talked about his collapse process, which allows you to start bringing the imbalances the way we see things back into life, especially about things that are so imbedding, like divorce... kind of the thoughts we have and we don't even realize how we're holding them. And I think you said you expect to do some of that in the future for people also, right?

KS: Well, in fact I'm very excited about that because we're just chatting as we speak in regards to setting up a ... that process to be included in our process.

D: You know after you told me that you'd sent that off to John, I called Linda and said make sure John sees this because I think... you know...

KS: Oh, I'm so ...

D: ... he gets so much information.

KS: ... Can you imagine?

D: I wanted to make sure that that was taken care of. So I feel very empowered about it okay?

KS: That's exciting. I'm very excited because what can happen is if people start to change their thought processes around divorce... and just simply the word divorce doesn't make us feel all warm and fuzzy. And if we can actually get rid of that negative attack that happens on our system at the sound of that word... even that song that you were playing... I had tears in my eyes and I was thinking, oh my gosh I'm going to have to start talking and making sense and now I'm getting all emotional.

D: (laughter)

KS: So it does... it hits us at the core of our... of our being and I hope that with John's brilliant work that he's doing, that we can start to shift that paradigm. Because with the shift of the paradigm around

the word of divorce, guess what's going to happen? There won't be the pain associated with people moving through it.

D: I mean you could make a huge change in society at large. You know things start small, but as you move along and get the practicality of your business and getting it so that you know that it works... okay? It's kind of like when I first started practicing I gotta at least know that it works...

KS: Mm hmm.

D: Then you start getting empowered with new ideas and new... new things that you had no idea... So I could see that happening with this. This could be just a ... you know... it could be a BigBrain idea. Right?

KS: (laughter)

D: A BigBrain life. You know I was... there... a lot of statistics on divorce you know, so I looked at some of this. One of them was that conservative Christians actually have the largest rate of divorce, which I think is really an example of imbalanced perceptions because they're all trying to hold everybody's thinking one way. You know that's my guess... I don't know... but I think people would find that surprising because they're the ones that talk the most about it. I also came up with unusual reasons for divorce, and one of them was in Canada. I think I told you about this.

KS: Mm hmm.

D: Do you want to hear that one?

KS: I'd love to.

D: Divorce... for instance in Canada... now they're just saying Canada, I don't know which providence it is... maybe it's all of Canada... it would be enough for a wife to provide a proof that her husband's snoring volume is equivalent to that of a race car engine, she would be granted the necessary divorce.

KS: (laughter) Well...

D: You better check that one out because it might come in there. Okay? Then there's all the ones about other countries and stuff, which... you know... they're a little one-sided. So the thing is that ... divorce has had a varied history... you know where it wasn't even acknowledged to where you could just say "I divorce you" and that's it... and I looked on the website ... there are just all these websites... men for men... women... all kinds of stuff. But I think a lot of things when they're offered as advice they don't have a solution. They can see the problem... they help you see the problem, but they actually might end up creating more stress. And what I like about what you have to offer is you have a solution and it's done a fair way. Right?

KS: Well exactly... and I think you touched on something briefly, which I wanted to add to... and that is ... making sure you are getting advice from people who are sitting on the same side of the table as you. And what I mean sitting on the same side of the table as you, I mean there is accountability associated with the outcome of their advice. So surround yourself with people who care and people who are not going to benefit by your divorce being dragged out.

D: You know I think that happens a lot, even ... the finances, or even when I'm counseling people on health care... that they're getting advice, but the advice seems one-sided, like the person has something at stake. But it really isn't ... taking in consideration the outcome for the person who... which is really our responsibility to do. Um... so... that's very good advice. You know BigBrain philosophy is do not listen to perceived authorities. Listen to your heart, listen to yourself so that whatever happens ends up so it would be congruent with your life... because your life is the BigBrain life. Right?

KS: That's right.

D: So we are getting close to a break here, and then we're going to end up with Stuff that Works, so we want to make sure during that session that we get information about you... about your books and your tapes and what you're going to be doing, etc. because they're very exciting. And then I just want to let people know that at the very end there is some lawyers to draw up documents... and that there's a

little bit of court but you just kind of make that a blip on the screen, right?

KS: That's right. I do.

D: Okay, well I think we'll just listen to our old philosopher here... Bob Dylan... and you know it goes back as far as I go back anyway. And he's from Hibbing, Minnesota. So this is Dr. David Stussy... Dr. D. You're listening to the BigBrain Radio Show. We're talking about a BigBrain conflict in life – divorce... the division, the separation... the watershed in life... and how you can make it empowering to all involved, including the children and your financial future. So come on back and then we're going to hear all about Karen Stewart and the Fair Way Solution.

(music – Bob Dylan)

(break)

(music)

D: Hey, welcome back to the BigBrain Radio Show. This is Dr. David Stussy, Dr. D, and I'm with Karen Stewart and we're talking about that loss of that loving feeling. And when you're married that has to go some direction... it can be separation... but eventually it is divorce. And that's the ... millions and millions of dollars are destroyed and families are destroyed, and relationships and even perceptions about the future ... takes years for people to recover... and we would like to empower that to have it not be that way. And I think Karen really has that. So... Karen at the end... well the two songs you know we're talking about... Sometimes people get married because they think somebody's going to something for them and that doesn't work. Here's another one where the love just kind of disappears and so... we kind of get to that point. So we were talking that eventually through your process everything gets settled with the finances and then the children are addressed, which is very good, and then teaching people certain skills they need ... and kind of creating a blue print for the future... and then eventually they have to have some lawyers to draw up the requisite documents it says on your website. So go ahead.

KS: Yeah, that's correct. Well, we ... depending on of course which state you're in, everything needs to be legalized, if you will. There's a lot of time and effort that goes into insuring people come up with plans that are... that have... that are solid and that are based on... on all the issues and all the questions that need to be posed to come up with a resolution. And then of course those need to be drafted... put the legal stamp on by the system such that they hold up. I always say to people that the test of a really good resolution plan... a really good outcome... settlement plan ... is that it holds up to the test of time. You want to be able to three or four or five years... even 10 years from now... be able to look back and say you know what, given the information I had at the time, and the decisions that I was making, that was a fair outcome. That outcome was in the best interests of my family moving forward. And that's a real test of whether or not the plan has been appropriate and the best plan for your family.

D: Well we'll have to see how that goes. You know with attorneys... do you have attorneys that... do you try and find it with a correct attorney for people to deal with? Because some attorneys will create nothing but havoc.

KS: You're absolutely right... and we're fortunate enough that in Calgary, which is our first city that we launched the business, to have associated with a number of attorneys that are very supportive and verbally so... in the marketplace. And so work closely with us to be able to move through the paperwork, if you will, at the end of the process... and not have it turn into chaos.

D: I have one quick question and then I'd really like to get in so we make sure information about you is presented to everybody. Have legal people tried to fight what you do at all? Or interfere with it? I could see that happening.

KS: Well, put it this way: I think I have people like... who really love what I do and then I would have the opposite of ...

D: Well that's the perfect balance. What else would you expect? \

KS: (laughter)

D: That was even a stupid question when I think about it. The more people love you, the equal amount of people are going to have a little problem with you.

KS: Exactly.

D: So...

KS: In fact, the more people that love me, the more people that don't like me.

D: That's exactly right.

KS: I get that and so I'm welcoming all those criticisms that I'm getting on a daily basis by some of the perhaps not so willing to expand their mind group. (laughter)

D: All right. So... with Fair Way Divorce Solutions, you have a website, which is www.fairwaydivorce.com. Correct?

KS: That's correct.

D: And that is pretty much where they can get a hold of you. And... ah... you're in Calgary, Canada... and I know I asked you about the United States... and you have some plans... Do you want to tell us about that?

KS: Well, we're really excited. I mean this company has just... I think people were looking for an alternative. They couldn't exactly articulate what they were looking for, but I think we've been very fortunate to lay... put a platform together that is addressing exactly what they needed. So it's just taken off like wildfire. We're excited about expanding at the end of this year to Eastern Canada and then we anticipate having close to 50 franchises throughout North America by early 2010. So we have very aggressive expansion plans and it really ... it's being driven simply because people are demanding an alternative.

D: I told you ... that you were surprised how as a business you became successful so quickly... you know the profitability... because you had a good product and you were starting small, which helps. And that allows you to expand. Of course your background helps because if you don't know you know people who know... how to create this future of expanding and having us still continue to keep the same essence. So I'm... I think it's going to be fantastic. So...

KS: Well thank you.

D: I'm looking forward to talking to you even more about it in the future and hearing some kind of round-up back about it and do some more stuff ... it'd be great.

KS: Thank you.

D: I think people are really interested in this. And there's probably some special interest that show up. You know people still have questions... we can say this... or you can say we handle this, but ... in their experience that just isn't possible. And so... and I'm sure you've already learned how to deal with that. Anything else... oh, you've got a book out too, right?

KS: Yes... "Clean Break" and in fact it's just ... with a couple of New York publishers. So it may be in the States ... United States ... before it's in Canada...

D: Well can somebody...

KS: ... so I'm not exactly sure when it's going to be launched, but it's coming out very soon and then I look to ... forward to doing a book tour throughout North America.

D: Oh, the book tour. All right.

KS: Mm hmm.

D: Well that's fantastic. You know... like I said... I read part of it ... it was... it was as good... It was just like any novel I've ever read except that this was real life. And I think you were very ... very open

and very clear about how you were involved in your thoughts, etc. and I was ... I enjoyed it a lot. It was very good.

KS: Thank you.

D: And so I think a lot of people would find it... just that whole process of your thinking pattern, which is kind of what a novel is about sometimes. And reflecting on the events as they're happening to you. So we're coming down to the final seconds. This is Dr. David Stussy... the big day... big (laughter)... the BigBrain, not the big day... but the BigBrain Radio Show. And we've had Karen Stewart, a BigBrain extraordinaire, who has created Fair Way Divorce Solutions. www.fairwaydivorcesolutions.com. And Karen, it's been a wonderful... having you ... I've really enjoyed it.

KS: Well, thank you.

D: I hope we talk to you more in the future. I know people are going to want to know more... so your life is going to get more and more demanding.

KS: (laughter) I look forward to that.

D: So any final words here?

KS: No I just... for those going through divorce, just love yourself and trust there's light at the end of the tunnel.

D: That's a BigBrain solution if I ever heard one. Thanks a lot.

(music)

(end of show)