

BigBrain Radio Show

3/31/07

Ken Pierce

(music)

D: Hey, good morning. It's the BigBrain Radio Show. I'm Dr. David Stussy, and you can call me Dr. D., and we're still missing Dr. Z. She's just traveling all over the world. I think she's collecting unusual things about health... and probably female health really. So who knows what she's going to come back with. So we're going to do a BigBrain show pretty soon with Dr. Z and Dr. D, but today we have a special guest who kind of represents the BigBrain... the whole BigBrain idea because he is a psychologist who has... I would have to call him an evolved psychologist. Nothing against other psychologists, but he has really taken on and from some of the giants that have been in the field and then connected with people who we think are on the leading edge. Some of them are actually kind of in the news today. So our guest is Ken Pierce. Ken, are you there?

KP: I am here.

D: And Ken...

KP: Good morning.

D: Ken... why don't you introduce us... tell us a little bit about your background. Let me just say this. The reason I'm having Ken on is he has ... he teaches a course in college ... I think it's in Canada, is that correct?

KP: Yes, that's right.

D: A breakthrough experience. And if some of you remember, we've had on Dr. John Demartini who now is quite famous for The Secret, which is all over the world really. The Breakthrough Experience is very, very powerful and we promoted it on the show and we've talked about it. We've had John on. And this individual has taken the greatest psychologist of the past and integrated it with

the work that Dr. John has done. He's actually teaching a college course on the Breakthrough Experience to students. It has 12 divisions, I think. I don't know how long it lasts. You could call it the psychology of evolution. You could call it the psychology of personal experience. You could call it the psychology of human condition. You could call it designing your destiny. It is an incredible course. If I were a student and this course was being offered, my life would never be the same. So, now with that introduction Ken, why don't you tell us a little bit about yourself and then what we're talking about. Okay?

KP: Sure. Well, I'm from Eastern Canada, in a place called Prince of Rhode Island. I've been a psychologist for about 30 years. And I grew up in a large family of 9 children... I'm the middle of 8. I have four brothers and four sisters.

D: Now does psychologically does that position you some place because you're the middle of nine children?

KP: Well, I think what it did ... it provided me with an opportunity to evolve in ways that I wouldn't have otherwise. So..

D: (laughter) Survival, you mean?

KP: ... I consider myself very fortunate.

D: That's a big family.

KP: Yes it is.

D: Okay, sorry... Let's let you continue.

KP: So anyway, so... as I studied psychology... well first of all as a child I was a sickly child... asthma, eczema, cow pox... and I picked up the belief that I was somehow imperfect... that my eight siblings were all healthy and I was... there was something wrong with me. So I began a lifelong search for... if I was imperfect, what was perfection.

D: Our voids drive our values, right?

KP: Mm hmm. Exactly. Exactly. And I had some experiences... I had a maternal grandmother who lived with us for a while. And she was a single mother with four children whose husband had deserted her and yet she always had a sense of humor. And she always... in negative situations would see the upside of it. And then I had a mother who had said to me, "Look, so you've got asthma. It doesn't mean anything unless you want it to mean something." So she challenged me to see that I controlled how I perceived my world. And then of course as I went through my schooling and studied psychology, I came across Dr. William Glasser at Reality Therapy in Los Angeles. And what I learned from Bill is we are in control of ourselves. We control how we...

D: What type of therapy is that called?

KP: ... perceive ourselves.

D: What is that therapy called again?

KP: Reality therapy.

D: Reality Therapy... excellent.

KP: Yes. World famous model used in about 20 countries. And then of course I went on to study neurolinguistic programming with Richard Bandler and this was a man who said you... consciousness...the purpose of consciousness is to run your own brain.

D: Now that... what that strikes in my mind is a book called "Frogs and the Princess"... is that right? Something like that?

KP: Yes... it's in there... it's in... he's got several books like that.

D: That was like big... you know...

KP: Exactly. So... from Dr. Bandler I learned that I have to run my own brain. And then I came along and I met Dr. John Demartini and from John I learned that there is a symmetry or order to the universe

that is manifested at the subatomic level, at the ... molecular level and at the organic level and at the systems level. And that the whole thing was one big symmetrical balanced system.

D: Going out into the macrocosm even...

KP: Exactly.

D: You know to the universe itself is just a model of itself over and over and over again.

KP: Exactly.

D: So that's pretty profound.

KP: So these ideas evolved in my own thinking to the point where now as a psychologist I spent 20 years... when a person walked through my door in my private practice I would say to myself, "How am I going to fix them?" The last 10 years I've said to myself, "How am I going to prove to them, using their personal criteria, that they're already perfect and that all that is out of whack is how they see themselves?" So it's a whole different frame of mind and it's impacted my work in ways that I have not imagined... could not have imagined.

D: Well now... seen now... what I like about you... and I've had a chance to meet you when we were doing a seminar of John's... I think it was our... was it the planning seminar that we were at? No... was it... no, it was the ... on how to do the collapse and stuff, right?

KP: Yes. Mm hmm.

D: So anyway, what I like about you is because ... what you said is you know I'm perfect the way I am. You hear people say that... sort of at one time it might have been called pop psychology and stuff. But what I like about you is that you actually put it to the test.

KP: Yes.

D: And you created a course... the college course... which means it has to meet some criteria in credit and background, identification... and I've seen the outline that you have for your course and the 12 sections... about all the background information and the... and the assignments and the commitments that you make the students fulfill. It isn't just something that they sit and listen to. You actually have an action plan with it. So... I think this is incredible because most of the time this stuff is always kind of on the back shelf. It's not really out in the academic world...

KP Mm hmm. Mm hmm.

D: So... I guess I'd ask for your comments on that (laughter).

KP: Sure... well I guess what happened is I taught at the University... it's called The University of Prince of Rhode Island. Prince of Rhode Island is Canada's smallest province. It's an island off the east coast and it's a university of about 3,500-4,000 students. And I had taught psychology there a number of years ago. And then they called me and asked if I'd do something again. And I said what course is available? And they said well the psychology of personal experience is available.

D: Wow.

KP; I said I'll take it.

D: How's that for destiny, huh?

KP: So I took John this book The Breakthrough Experience and designed a course... and it's based on 600 powerpoint slides but it basically takes a student through the Breakthrough Experience – the Demartini Method if you like – and allows them to bring to balance ... to appreciate basically... five events in their life. And the five events are: Their worst tormentor; their best mentor; the worst event in their life; the best event in their life; and what they consider to be their greatest weakness. Each...

D: Can you repeat those?

KP: ... of those items and then...

D: Can you...

KP: ... they bring them to balance... they learn to appreciate them and therefore appreciate themselves.

D: Can you repeat those five again just in case somebody's going to write these down. All right?

KP: Yep.

D: Their worst... what?

KP: Your worst... your worst tormentor.

D: Okay.

KP: Your best mentor. Your worst event. Your best event... in your life. And finally, the trait that you think is your greatest weakness. Because you see our greatest weakness is also our greatest strength.

D: See, I can already see where that goes. But this is great because what... I'm sure what they find out is there's probably no difference between the two. Right?

KP: Exactly. Exactly.

D: And...

KP: Well... I use kind of language... I say... I call your worst tormentor... in Irish they say "Shite"... so my grandmother always said you know you were a little shite. Well, I call it your "shite monster", which is your tormentor. And your best mentor I call your cookie angel. And what of course you find out is that at the end of the process of doing these ... using this tool... that your cookie monster is the same thing... that they become in fact... what you see as one side has two sides...

D: Well I think...

KP: So very freeing.

D: I think we can all see the point... and you know we've talked about it on the BigBrain Radio Show that... we have this term called Evolutionary Health Style because your health is your optimal number of regenerative forward days... forward action days... and your style is really your values. But you'll find that you're involving because of... not just because of people that supported you but because of the people that challenged you...

KP: Exactly.

D: In fact, I think we get our greatest benefits ... I think that we respond the quickest... but just add another opinion (laughter)... putting a judgment on it, right?

KP: Sure.

D: That we respond quickest that are... that look... that look like we have to jump into action. You know?

KP: Yes, exactly. Well, I... this is the sixteenth consecutive term I've offered this course at this University. And every term it's filled to capacity, which is 25 students. And the feedback, which is collected at every class, has been very inspirational...

D: Well I....

KP: ... people say... I mean I had a student... I had a student one time, David, who ... I was asking each student to write down the five things they can't do. I asked them to each read a sample of it. And one of the students said, "I can't date"... and she was 20 years old. I said "Why can't you date?" She said, "Well my previous boyfriend threatened to commit suicide and if I date again, I'm afraid if I dump somebody they might kill themselves and I'd guilt myself and I wouldn't..." you know... blah, blah, blah. So I said to her, "I want you to go home and come back next class with 25 reasons why that

ex-boyfriend of yours was lucky to have met you. 25 reasons why he was lucky to have met you.”

D: Wow.

KP: And she came back... passed me the piece of paper and said, “thank you.”

D: You know that’s called neuroplasticity because when we take and we... we not only give one reason or two reasons or three reasons, but we actually create the reasons how things are connected...

KP: Oh yeah.

D: ... you know it eventually... it’s like practicing the piano. Eventually it kind of takes. You know talking...

KP: Yep.

D: ... so I’m sure you have outstanding stories. We can’t wait to hear about them all. And then you brought up this word guilt because guilt and fear really have to do with our state of time... how we’re holding time... whether we’re being present to the future... or to the present really. So, we’re going to take a little break here and ... take a look at, you know, what the world’s about. So... um... this is Dr. David Stussy... and this is the BigBrain Radio Show. And we are talking to, I think, world-famous psychologist, Ken Pierce, about the... let’s call it the psychology of the human condition. So let’s listen to this.

(music – “Waiting on the World to Change”)

(break)

(music)

D: Hey, welcome back to the BigBrain Radio Show. This is Dr. David Stussy and we’re talking about designing your destiny, the psychology of personal experience. We have a world expert on this... and let’s listen to this little song about “Better Days”... huh?



(song – Better Days: ... this year and I try to make this kind and clear...just the chance that maybe we'll find better days. 'Cause I don't need boxes wrapped in strings, and designer love and empty things. Just a chance that maybe we'll find better days...)

D: Hey, we want to find better days. Or , you know, we're waiting for the world to change. We know it will, but we're wondering how it will happen. Well I guess it has to happen with us... because everything is perfect and it's happening because we're here. So you were telling me about an interesting book that had just been... that you had something associated with I guess... is that correct?

KP: Yes... I... myself and my co-author, a lady named Alice Taylor, we just finished a book... Alice is an early childhood education expert and we worked together for a number of years. And when we left our employment to seek other adventures, we decided to write a book together and it's just... we're just finishing up now... it's in to the publisher and it's called "The Dance of Bullying". About a month ago I heard on one of the American networks that 147,000 children in the U.S. every day avoid school because of bullying...

D: You're talking about someone who takes and pushes his opinion... his or her opinion on other people and kind of makes them... creates a lot of stress for them, correct?

KP: Mm hmm... yeah. And bullying is actually as you probably know... it's a phenomenon that happens all over the world. And ...

D: Like governments, maybe?

KP: ... everyone is bullied and everyone is a bully. So what we did is we took and applied the laws of science to bullying and wrote a book about it.

D: So how does that work?

KP: Well basically, what... what... if you look... in fact it's interesting to talk to educators because they'll invariably tell you that the same kids bully and the same kids get bullied ... and that is

because they are actually... a bullying situation is actually a learning situation. And we tend to, with our values, impose punishment on the bully and we support the bullied, if you like. And that in fact magnifies the problem. We have to actually view it as a neutral event, where both children have to learn something. The bully must learn to respect others and the bullied must learn to respect themselves. So it's actually a negative and positive charge inside a dynamic that attract each other unconsciously. And when an educator intervenes at that level they see it as both children having to learn something, that changes the whole dynamic of the intervention. And that's what this book is about.

D: That's very... you know... and when you say it it makes common sense.

KP: Mm hmm.

D: But when you also say it it kind of creates you know hairs up on the back of your neck on certain ways that society or social views of that...

KP: Mm hmm.

D: But you know you can carry it to governments even, the way the governments interact with each other... and...

KP: Oh sure.

D: The push and shove that they... you know every event has a... has a blessing in it and every blessing has some adversity in it.

KP: Well, it's fascinating. I was doing a seminar on it about two years ago. And I had... I was doing a pre-conference one-day seminar and it was called "Bullying One-on-One" ...

D: (laughter)

KP: ...and 60 people walked in and before they sat down I said, "Would you raise your hand if you've ever been bullied." And all the hands shot right up. And then I said, "Okay, keep your hand up if you

bullied somebody else, in some way... and be honest.” And eventually every hand stayed up. I said, “So, you’re in the right place” because we bully and get bullied... and it’s just a learning tool. It’s just a tool that humans have always used to evolve their sense of self-appreciation. And once you understand it and see it that way, then we can intervene to child... and just like school yard bullying... in a much more effective way and actually deal with a situation much more profoundly.

D: Well say that we’ve got some parents or some people who supervise children who are out there... can you repeat the name of this book and tell us how they can get a hold of it?

KP: Sure. They can just... they can... it’s just going into publishing now but they can contact me at 1-877-569-3710. Or my website is [ken@clarendonconsulting.com](mailto:ken@clarendonconsulting.com). I’ll spell that: c-l-a-r-e-n-d-o-n c-o-n-s-u-u-l-t-i-n-g .com and I will get the information to them.

D: Why don’t you say the phone number one more time.

KP: Ah, 1-877-569-3710.

D: Got it. So that book ... pretty much is just a ... like a specific application of what your larger course is about. Correct?

KP: Yes, it actually... it actually describes the phenomenon. It helps the reader understand how being bullied is both a positive and negative event... and being a bully is both a positive and negative event...

D: And the interesting thing...

KP: ... And they actually prove it to themselves inside their own life experiences...

D: And we have...

KP: ... and they have a tool to intervene more effectively.

D: And we have been both, right?

KP: Oh yes. Oh yes.

D: Who we see is who we are, right?

KP: I'm sorry?

D: Who we see is who we are. I have an interesting...

KP: That's right, exactly.

D: I have an interesting experience. You know I'll see somebody come into a room and you know how if somebody comes in you've got like a little dislike for them or something?

KP: Mm hmm.

D: And I'll ask the person next to me... I'll say, "Does that person remind you of me?" And every time they'll...

KP: (laughter)

D: (laughter)... describe... (laughter) So I know I'm reacting to myself in some way or another.

KP: Yes.

D: It's a phenomenal experience. And once you... once you see that you realize that when you catch yourself you know profiling somebody or judging somebody, you see that you're really just kind of talking to yourself is all.

KP: Yes, exactly. Everybody serves us.

D: (laughter) And we serve ourselves if we'd listen, huh?

KP: That's right.

D: So um... let's go... um... anything more you want to say about that?

KP: Ah, only that I think that... we've kind of... we've given kind of building a bad rep and we kind of polarized our view of it not realizing that it's part of everyone's life. And once you understand that, you realize it's just a tool. It's like any emotion... emotions are just tools that we use to evolve ourselves.

D: Right.

KP: And once we reach that level of awareness it just changes our frame and therefore we have more personal balance when we see such events... and therefore we can intervene much more effectively.

D: Well my perception of emotions is that they are actually imbalanced perceptions, which is what causes us to create judgment and body reactions, etc.

KP: Mm hmm.

D: And then the... the... of course the technique or the thing to learn is how to... It isn't that we aren't going to have those reactions, because we are for the rest of our lives, but then as we have them, I guess the wisdom or our enlightenment is our ability to kind of see that immediately and then start the process of putting a balance to them. Right?

KP: Sure. Yes, exactly.

D: And sometimes it's hard because you're kind of like on a string almost. (noise).

KP: Well emotions, they're just our tools... they're learning tools. We'll ... as you say... they'll always...we'll always be emoting about something...

D: Oh, for sure.

KP: ... the newest thing that we see one side of and it's our time to learn to see both sides of it.

D: And the minute you think you've got something handled that's where it's probably going to show up even right away...

KP: Exactly.

D: Just to show you... in a little different form. We have to learn how to look for the different forms also.

KP: Mm hmm.

D: So... um...let's... can you... want to go back on your overall perspective as you teach this course and some of the things you might want to share with people as we go through this?

KP: Well there's... I mean the course... I highly recommend the book because there's so much in it that I could speak to, but I mean it... in a sense it's basically challenging people to... See I guess ...here's a metaphor I'll use. I spent 15 years in early childhood education... training people to work in daycare centers and kindergartens and pre-school programs. And in that time what I discovered is that every child – every person basically – is born believing that they are perfect. Every child... like I have a two-year old grandson now... my first grandchild... and he believes he's perfect. That he can be and do and have anything he chooses. That's his belief. That's what he comes to the world with. And he... as he goes through life he picks up and buys into the perceptions of other people, that he is somehow not that, and he spends the rest of his life re-proving to himself that he is actually okay. And if you get the privilege of being around senior citizens, you're reminded of that. I was flying from Houston to Toronto a year ago... in September ...

(music in background)

KP: I met a woman named Lily. Lily was 78 years old and we were waiting for our flight, sitting talking. And Lily said she was a war bride to Canada in 1945, which is two years before I was born... and she came from Scotland and she said that she had married and of course had two children, one of which had died when she was... when he was 10 from leukemia. Her other son lived in Toronto and he had no children so she was not a grandparent. And she had one surviving

sister who lived in Houston, and she visited her for three months a year. So anyway, we were talking and I said “Lily, how would you summarize your life? You’ve been around along time. How would you summarize your whole life?” She said, “Ken, I’ve had some wonderful experiences and some terrible tragedies. But you know Ken, I wouldn’t change a moment of it.”

D: All right. Well...

KP: That’s wisdom.

D: ... with that word, this is Dr. David Stussy, the BigBrain Radio Show. We’ll be right back and we’ll find out even more about how our lives are actually perfect from the beginning to the end.

(music – 100 Years by Five for Fighting)

(break)

(music – Unwritten)

D: Dr. David Stussy and the BigBrain Radio Show. Welcome back... and what we’re talking about is the psychology of personal experience. And our lives are perfect... it’s an unwritten book. Let’s listen to “Unwritten”.

(song – “I’m just beginning, the pen’s in my hand... ending unplanned. Staring at the blank page before you, open up the dirty window, let the sun illuminate the words that you could not find. Reaching for something in the distance, so close you can almost taste it. Release your inhibition, feel the rain on your skin. No one else can feel it for you. Only you can let it in...”)

D: No one else can feel it for you... and the BigBrain... the BigBrain Radio Show philosophy... the BigBrain philosophy is that our lives are perfect... nothing is missing... and that we should base our life on our own experiences and on our own ability to make decisions, not perceived experts or opinions... because we do know what our life is about... and it does have a purpose. So we’re with Ken Pierce who has committed his life to helping people discover this

simple secret and ... um... so... you were... and the way you ... when we left you were talking about Lily who ... who had lived a full life with all the so-called tragedies and victories, but she thought it was the best life possible.

KP: Yeah, exactly. She was 78 and as I mentioned... and I've asked this of other seniors... when I did some work with a senior community group last year, and when get the occasion I'll often say to a senior, "How would you summarize your life?" And invariably... invariably, if they have their health – and even if they don't have their health actually – they have a sense of being okay with who they are. Almost as if they were little children again... I mean not to be detrimental or derogatory, but in a sense they have an appreciation for all that life has given them...both what society calls the good and the bad. And that wisdom... I mean... that is so profound. I mean it's like ... I often use the story of Nelson Mandela... how do you... how do you come out of prison after 27 years... basically because of the color of your skin ... and not be angry? Yet he doesn't look angry ... because he has figured out how it served him... all of his life... both the good and the bad. And that kind of wisdom we all revere. So Lily was like to me.

D: Well we certainly know that to be true. When we stop to thin of it... Victor Franco... the same thing...

KP: Sure.

D: Um... but we forget it in our day to day experiences or we see our life as not being... like we're not as profound or something like that.

KP: Well it's interest... here's what I do with my students... when I want to catch their interest, here's what I say to them. I say to them, "I want you to take a moment and answer this question in your head, to yourself. Think of the best thing that ever happened to you in your life, so far, and put it in your mind's eye for a second, and ask yourself this question: Could you be who you are, doing what you do, and having what you have, if that event had not happened to you? And answer it honestly." And I say I bet you it's not possible is it? And they all go, "No, that's not possible." And I say okay, now do



the physics. Think of the worst event in your life, bar none. Could you be who you are, doing what you do, having what you have, if that event had not happened to you? And again, answer the question honestly to yourself. And again I'll bet you my pension plan – and I have a good one – that you could not be who you are. So one student said to me one class, she said, “Ken, are you trying to tell us that if it doesn't kill you it makes you stronger and wiser?” I said, “Yes. Congratulations, you passed the course.”

D: (laughter) Really... and you...

KP: Make sense?

D: And you used the term physics because you said there's a balance of the plus and minus.

KP: Oh yeah.

D: And you know all those experiences serve us and then what we really want to learn is how to have gratitude for those experiences...

KP: Exactly.

D: Because grat... there's something about having gratitude that kind of changes you know sort of the rhythm or resonation of life itself.

KP: Mm hmm. Exactly. And anyone that works with impalative (?) care for example... I had a client who worked impalative care... and I said to her... because I learned this before... I said, what is the emotion that most people go to when they know their life is ending very soon? She said, oh it's easy... they go to gratitude. I said, “Yes”. I said, “Do you know why that is?” She said, “No, but it's fascinating to watch. It's such a privilege to work with the dying.” See people think it's a sad place. It's not. She said these people appreciate their life and everyone in it... both the mentors and the tormentors. So it's a wonderful experience. So that dynamic comes across again and again.

D: Well gratitude is open to the heart, which connects to the metaphysical part of the brain, which I feel is really the BigBrain, is our metaphysical brain...

KP: Mm hmm.

D: ... the brain that experiences life that creates things, culture... it comes up with ideas... you can't weight it, you can't put it in a box. But it's really what life is about. And there's something about gratitude that sort of connects your heart... sort of your metaphysical heart with your brain and it pretty much just changes your whole experience of living.

KP: Yeah... it's almost like it impacts your perception of everything around you.

D: Right!

KP: I had a student who...

D: Like putting on new glasses.

KP: ... terms ago that she was... she didn't get to the course until the fourth class because she was in a serious car accident. She broke her leg and her pelvis and was really in bad shape. And she needed the course to graduate... she was in her last year... so she called me and said "Could I still come?" And I said, "Sure, come along". So she came and she basically hobbled in on crutches and ... so we were talking and I was asking the students to pick their worst events and of course she picked her car accident. And she said, but I... this is going to take a while. I need to know... I need to know right away... how this can be a two-sided event. I said okay. I said look at the seven areas of your life. I'll ask you seven questions. Get ready. Has your car accident... How has your car accident served you spiritually? And she told me. I said how has your car accident served you mentally in how you see yourself? And she told me. How has your car accident served you in terms of your vocation, your education, your studies? And she told me. How has it served you financially? She told me. Socially? Family-wise? Physical health wise? She just went around and was fascinated that she said, "Oh, I got it. Now I

see. I wouldn't be who I am unless I'd had this car accident." I said, "Exactly."

D: See the seven areas of life is what we use with the BigBrain ... surprise!

KP: Mm hmm.

D: ... with the BigBrain philosophy because when people can look in particular areas of their life they can start to see ... can see where that's possible. If they have to kind of look at the whole thing it's hard for them to make that dichotomy. So that's excellent the way you do that.

KP: Sure, well ...

D: Just start taking a look at each area.

KP: Well just to hear her say she got closer to her spiritual belief system; she had gained self-confidence in her ability to deal with challenge. She had finalized her career choice based... because of the accident. She had saved some money by being laid up for a while.

D: (laughter)

KP: She found out who her real friends were. She got closer to her family. And she finally started ... health. All those things were just right there... right at the tip of her tongue. It was fascinating to watch... a privilege really to see her evolve so quickly.

D: Well you know so many people think that they have to get back to balance... that they're off balance. And I think what you actually tell people is ultimately it's impossible to be off balance because we're part of the universe and we're governed by these laws of positive and negative of always being in balance.

KP: Exactly.

D: It's...

KP: Exactly. It's... it's fascinating... and there's no word that doesn't apply. That's what's fascinating. Like I'm working on another book on lead management. And it's about how you build... how you produce quality products and services. And basically quality products and services are produced by people that have quality relationships. And quality relationships come from people who respect each other's values. And it's all tied to the same dynamic. It's quite fascinating.

D: Well one of things we talk about on the BigBrain Radio Show since... evolutionary health style, the word style to me means value and we are driven by our value... you know what our top values are.

KP: Mm hmm.

D: And whether we're conscious of it or not. And we can... but we can create other opportunities in our life by just tying it to our values and starting to see how big an opportunity it is. Because our values are just sort of our... I don't know if it's our innate concept of life, is it? Would you say that?

KP: Yeah, exactly. And John ... John Demartini's new book "The Heart of Love" addresses that really well. He shows the reader how to identify your values... how they fit into your life. And it's really an excellent analysis of that and how it... how it fits inside a relationship.

D: Well your values you know are what you spend your time thinking about, what you spend your money on, what you talk about.

KP: Sure.

D: Um... what you react to. If you react positive, it's probably one of your values. If you react negative, it isn't one of your values. If you always say you're going to get around to it and you don't it obviously isn't one of your values. But you know you're talking about John and one of the things John talks about is unconditional love. And one of the things that we say in the BigBrain Radio Show is there are two constants in the universe. Physically there's gravity, which is the attraction between people and between all objects in the

universe, and we know that. And then the other uncon... the other constant in the universe and it's metaphysical is unconditional love.

KP: Mm hmm.

D: And I think sometimes we have to peel away the layers of life for us to actually experience that. And I would imagine this must show up sometime during your course. Is that correct?

KP: Oh it does. I mean... some... we're so easily kind of programmed to believe that... to believe that for example the purpose of a relationship is happiness...

D: Ha!

KP: And that's all mythology, of course. The purpose of any relationship is to evolve ourselves.... to grow in self appreciation. So I have the privilege of working with 20 year-olds who are saying well I'm just looking for Mr. Right or Ms. Right, and then I'll be happy. So I'll have the fun I guess in a sense of saying "Do you know anyone that's happy who's not medicated?"

D: (laughter)

KP: And they think about it for a bit...

D: That's excellent...

KP: ... and go "that's right". That's what medications are for. All drugs are basically to induce temporary happiness. Life is not about that. Life is about evolution and balance and equilibrium.

D: I love that.

KP: It's a wonderful experience and a privilege to offer this course.

D: (laughter) All drugs are for temporary happiness. I love that. That's great. Because that is the one time... everybody's just happy as can be when they're all medicated. Everything feels great.

KP: Exactly.

D: There was something else... I forgot. So, go on. Please. So you have gratitude and unconditional love... and then I think what interferes with that is our emotions, right? The tick-tock of that, right?

KP: Mm hmm.

D: And um... so... can you tell us a little bit about some of the exercises you have students do to kind of learn these concepts?

KP: Well one of the ones we do that's actually found in John's book is the illusion of forgiveness. That in fact there can be a one-sided event in the universe, which is not possible in the laws of physics, but we perceive it that way so therefore we believe it. So... in fact, a victim who will basically believe that an event can have one side and not two. So I actually get the students to... I give them a list of events, like betraying or being betrayed... being cheated on or cheating on someone else... abusing or being abused... and I ask them to find, in teams, both sides of these events and to actually write them out on a flip chart... and then to present them to each other and to discuss them. Then say okay... and actually prove to each other that every event has two sides. And actually one of the activities... one of the assignments in the course is I get each... I put the students in random teams and ask them to pick a social event that they have ... they think is one sided... like child abuse, or abortion or war... or pollution. I say now pick an event that you all... your team has a big charge on. I'll give you a half an hour in class to present to your classmates both sides of the event. In other words, show how it serves humanity that this is part of our experience. And the one I use often as an example is the alcoholism. I see many people use it as a bad thing... alcoholism. I say alcoholism is just a tool that people use to evolve. I think of all the benefits of alcoholism... I think of the jobs it creates in rehabilitation... and tax dollars that are collected at all these... and I start listing off some of the benefits. I say think of someone you know who is from a so-called alcoholic family who has gotten stronger and more self-assured and more competent because of their family. And all of a sudden they start listing them. So they come to the class and the present for half an hour on some social

issue... and they have to present both sides equally. And it's fascinating what they come up with. It's just fascinating.

D: Well doing it as a group would be... because if you're by yourself it's hard to get past your own thoughts.

KP: Mm hmm.

D: But sharing it you know we can all reflect each other.

KP: Yep... and keep each other honest.

D: Keep each other honest, but you know when you get into what you're just talking about, that gets to be such an emotional issue, which is an imbalanced perception...

KP: Mm hmm.

D: I mean you're talking about abortion, or you're talking about death of a large number of people, or something like that. They can't... it's very difficult – in fact, society doesn't even see it that way probably... you know the media doesn't promote it...nothing promotes it that way... as it actually being an evolutionary process.

KP: Exactly. Yes.

D: So...

KP: And what I'm always amazed is how quickly these young minds get it. How quickly they learn. How quickly they will... they'll write in the course evaluation ... one student wrote "every student should have this course."

D: Really?

KP: Yeah.

D: Well for...

KP: "This course changed my life". That kind of stuff.

D: You know...

KP: Very common, yeah.

D: When you have that sort of insight you really... the rest of your life, even when you don't want to know it, you know it.

KP: Yeah, and what I say...

D: And you can't operate...

KP: ... I say, when you know you know, you know you know. Nothing will change that.

D: Well I think John says wisdom is the instantaneous recognition that anything... the instantaneous recognition of its balance is ... is what... is what wisdom is. The sooner you can recognize it, you know the more you're going to evolve... the quicker... the more your life is going to kind of move in a direction that seems to be evolutionary.

KP: Yep. Exactly. And I... I mean with young people so often they are... they have such a huge circle of people around them, they often don't notice the people that are in fact their unconscious mentors. I'll ask them to find the person who is most present in their world. I'll say, Look around and find the person who's most present. When you're with them you feel their presence. In other words, they're probably not judging you – they're accepting you just as you are. And they'll often find a grandparent or a parent or friend or somebody. And invariably how is it that these people see you that you don't see you yet? How come they're not judging you the way you're judging yourself? It's just fascinating how many learning opportunities there are around that circle of people that are there all the time... that they often don't notice until someone asks them the question.

D: You know I had an interesting experience recently. I had a patient come in to see me and he ended up being a friend from college ... we played football together. And you know I hadn't seen them since college, but he had kind of heard about the BigBrain Radio



Show and stuff and he came to see me. And he had really advanced cancer. But what he was really looking to was to put his... you know sort of like give his life... give it some meaning. There was just something he needed to do. So I introduced him to the “Collapse” process, or the Demartini Method...

KP: Mm hmm.

D: And it was really interesting because at first one of the things he ... he had this... one guy was better than him because he did all these things for people. And I hadn't seen this guy in 30 years and I knew he was exactly that way.

KP: Mm hmm.

D: But he could not see it for himself until we had to go through each little moment. And I think that started to change like his whole vision. Now he has since passed away, but I feel very powerful about that whole event because here was somebody who, like you were saying, as you meet the end of your life you're still working to see that it is perfect. It was an incredible experience.

KP: Yeah.

D: So...

KP: It's... I was ... funny... I talk a lot about life purpose with my class and I'll say look around the room and find something in this room that doesn't have a purpose in this classroom. They'll be scrambling around... one person... one student found a piece of masking tape stuck to the ceiling...

(music in background)

KP: They said this doesn't have a purpose. I said, let me introduce you to the janitor who cleans this room and is gainfully employed and supporting his family or her family because that piece of tape is there. So they get the idea that everything has a purpose. And I say if everything in this room has a purpose, what's your purpose? You're in this room.

D: If it doesn't serve a purpose, it isn't here anymore.

KP: Yeah.

D: Hey, this is the BigBrain Radio Show... Dr. David Stussy. And we are having an incredible conversation with Ken Pierce, psychologist in the eastern land of Canada. And we'll be back in just a moment.

(music)

(break)

(Song by Five for Fighting– Got a package full of wishes. A time machine, a magic wand, a globe made out of gold. No instructions or commandments. Laws of gravity or indecisions to uphold. Printed on the box I see, ACME's build a world to be. Take a chance, grab a piece, help me to believe it. What kind of world do you want?...)

D: Hey, welcome back to the BigBrain Radio Show. And what kind of world do you want? Well we want the world that the real world is. And not masked by our own imbalanced perceptions and so-called experts telling us things the way they are. We really know our own personal experience of life. And we have been talking to someone who has dedicated himself to making sure that that opportunity is available for people. He specially made it into a college course: The Psychology of Personal Experience... and it's based on the Breakthrough book by Dr. John Demartini who is well-known for "The Secret". And this is our last part of our session and it's called "Stuff that Works" And of course, stuff that works is exactly what we're talking about, right?

KP: Exactly.

D: So you were going to talk about genius.

KP: Yeah, I've got a couple things I'd like to suggest. One is actually a book. It's called "Possessing Genius" by a woman named Carol... Carolyn Abraham... it was published in 2001. It's the story

of what happened to Albert Einstein's brain after he died. Dr. Thomas Harvey was the pathologist that kept his brain, and he sent slices of it over a 40-year period to medical institutes all over the world asking them to find out how Albert Einstein's brain is different than ours. And as of the publishing of the book they have found no significant difference between Albert Einstein's brain and your brain David, or mine, or any of our listeners. Which means of course and when I suggest this to my students in my class, I say what if you are a genius too? Everybody is capable of genius. And I actually get my students to stand up and say at the beginning of each class, from John's book, "I'm a genius and I apply my wisdom"... to get them reaffirming who they are and what they are every class. And it's fascinating how... how... as they start the first class and they get to the 12<sup>th</sup> class how they start to actually... I call it a "thought virus". I say once you entertain this idea, your brain's got to make sense of it so it starts looking for how you are a genius. So it's fascinating to watch these young minds start playing with the idea, because research shows of course that we have the same brain as Albert Einstein. No different. Same organ.

D: Well that's what... why I came up with the term "the BigBrain" because I think everybody has a BigBrain.

KP: Exactly.

D: We all are geniuses in our application, our ability to interpret life. We come up with unique solutions which are incredible and when you get a chance to sit down and interact with people you find out they all are geniuses in some way... not in every area of life, but they are a genius.

KP: Sure. The other thing I would suggest is... I live, as I mentioned, in Prince Rhode Island, which is the smallest providence in Canada. It's basically a big potato field with golf courses around it...

D: (laughter)

KP: And surrounded by beaches. People call it a paradise. And I say, well, it's 50/50. A week after 9/11, which... 9/18 or so... I was

in Nepal with some Canadians and Australians and we were trekking the Himalayas. And when I came back people said you must have had a wonderful time. I said well Nepal was wonderfully ugly. You can stand on the trail and look up and see Mt. Everest, and look down and see women of about 30 coughing with tuberculosis, holding a 3 year-old with an abscessed face. I said Nepal's the second poorest country in the world. So it's wonderfully ugly, just like Prince of Rhode Island. In Prince of Rhode Island we have a beautiful visual seascape, but the water we have problems with impure water, we have problems with pesticides, we have high cancer rates. So everything is 50/50. So that dynamic applies inside our own individual life. And the same dynamic happens everywhere.

D: But they also...

KP: So when I was in Nepal as you hike through the villages, the children will say "Nameste"... in Nepal it means I salute the grandly organized design of the universe that is manifested in you... which I think is a wonderful way of capturing and greeting somebody... is to say you know I honor the fact that you are a manifestation of the law of order and symmetry and balance and universe. So that's how I sign all my emails. "Nameste".

D: Well I saw it through the course... and I think what you... the important thing about 50/50 because as people start to judge something as being one way, they need to understand that it's completely balanced the opposite way. Like John's great discovery, if somebody is talking good about you, you can count on it that somebody else is probably not making such good comments about you because life is always in a balance, which keeps us in a balance.

KP: Exactly.

D: You know and I'm sure... the incredible experience that these students... I think it was one student of yours that said it's never too late in fiction or in life to be revised.

KP: Exactly.

D: So... and I know there are other examples through that...through your course where these students really have had their destiny laid out because obviously your course is why... serves them in whatever way it serves them.

KP: I tell my students it's the easiest course to pass. No, I say... it's called a bird course. I say it's a bird course, but if you take it you'll never be the same after.

D: (laughter) yeah, right.

KP: And that's the price you'll pay... you'll never be the same (laughter)

D: Yeah, so things don't necessarily have to be difficult to serve us...

KP: (laughter)

D: But difficult things do serve us. Is that correct?

KP: I'm sorry?

D: I said things don't have to be difficult to serve us, but difficult things serve us.

KP: That's right. Exactly.

D: So it doesn't matter what it is, it has a way of showing up and... I think the great part is... it's almost like you become a detective because you're looking to see... you look to see where it is. And when you know one event has happened, you look to see where the other event is.

KP: Exactly.

D: So it allows you to come to this ... what we call this wisdom where you immediately see that there's a balance all the time... and there's nothing missing in your life...

KP: I have a private practice and I get to do this with individuals through my office and by phone so I have the opportunity in a sense to explore this in so many different ways in my life that ... that... because I'm a skeptic. I've been around long enough to know that ... that I want to prove stuff to myself. So I've had the privilege of being able to do that.

D: Well, it's time to say Nameste... Nameste? Is that correct?

KP: Nameste!

D: Yes. And your number is 1-877-569-3710, is that correct?

KP: That's right.

D: So if they want to get a hold of you and ask you questions, or even have you consult with them they can call you, right?

KP: That's right. It'd be a pleasure to talk to them.

D: Ken, it's good to talk to you. It was great meeting you when I met you in person, and this is just as good. So thank you very much. Have a BigBrain... have a BigBrain day in every way. Okay?

KP: Thank you David.

D: This is Dr. David Stussy saying tell all the BigBrains in your life thank you.

(music – Keep Holding On)

(end of show)