

BigBrain Radio Show
April 28, 2007
Dr. John Demartini and James Cunningham

(music)

D: Hey good morning. Welcome to the BigBrain Radio Show. This is Dr. David Stussy, you can call me Dr. D. And Dr. Z is still not here. I think she's just traveling around the world. But I've got a co-host with me here, that's been with us before as a guest. We have James Cunningham, a financial master, extraordinaire.

James: Yep, I was going to introduce myself as Zena Xanders, but I guess I'm not.

D: (laughter)

James: I'm James Cunningham.

D: James, she's a lot prettier than you are, okay?

James: (laughter) I agree with that. I agree with that.

D: Okay. And, we have an outstanding guest who is with us on ... where are you, in Denver John? John? Can you hear me?

John: Yes, I'm in Denver.

D: Okay. And John... Dr. John Demartini has been a guest on our show several times – I think at least three times. And he's a healer, a lecturer, a philosopher... and just an extraordinary individual who... where knowledge is ... is supreme. And he has lately become a little bit more well-known for being involved with something that's gotten quite popular around the United States – and all over the world really – *The Secret*. And John, I tell you, every place I go someone says "Hey, have you heard the secret? You heard the secret?" I have people talking about it all the time.

James: Well in fact...

John: Well it certainly has become popular.

James: Yeah. Dr. Stussy and I were actually walking out of a book store the other day. We ran into two physicians, and they had come up to us and asked us if we had read *The Secret*.

D: Well they saw us get those tapes.

James: That's right.

D: But you know... you know why we had those tapes in our hands? Because we met with Greg Stanley and Greg Stanley is blown away by *The Secret*. He just kept talking about it all the time. Remember... you know who Greg Stanley is, right?

John: Oh yeah, definitely.

D: So he was going on and on about it. So... it's the talk of the world. Okay?

James: It is. In fact, in Arizona right now there are little *Secret* meetings going over all over the place. People are getting together, Dr. Demartini as you're aware, and having neighborhood block parties talking about the phenomenon of the laws of attraction and *The Secret*, so we're glad to have you on the show.

John: Well thank you. It's... fun to talk about it. I've been blessed to do quite a bit of talking about it lately (laughter).

D: Well John, you know... success shows up to those that prepare. And I've known you for a long time ... at least 12 years or longer... and I know that your knowledge goes far beyond the information that's within *The Secret*, but it's just the opportunity for you to be able to express yourself. It's so wonderful. Can you tell us a little bit about how you got involved? People might want to know about that.

John: Yeah. About ... I guess it was almost three years ago – two and a half years ago – I was having dinner with Jack Canfield, who's the one who along with Mark Victor Hanson, created *Chicken Soup for*

the Soul, which has as you know sold millions and millions of copies of those. And he asked if I would like to participate in a transformational leadership counsel meeting, which is an idea he was gathering... a group of transformational experts ... personal development experts... and having a meeting. He wanted to have a meeting at least once or twice a year... and asked if I'd participate. And I said, "Absolutely." And we organized it. My time is pretty intense and... it's... but we had to schedule it, and we found it. And we all met. Thirty-three of us met at his home, and we decided to organize and put together values and objectives for the group. And our third meeting was in Aspen, Colorado. About that same time, when that was getting together, Rhonda Byrne, who is Melbourne, Australia who conceived of putting together *The Secret*, was on the internet looking for people how knew the secret today and were already involved in personal development and that movement ... transformational area... And so she came across probably a hundred names, and one of them was Jack Canfield, one was me, and the people you saw in *The Secret*. And she asked... contacted our office and contacted Jack and all these different people and asked if there was a way we could do an interview. And Jack told her that by God we're having them all together at a meeting. So she flew from Australia... from Melbourne... to meet us because it was more time efficiency to meet us all at once like that than go individually. And she filmed for four days, from early in the morning to early in the morning, and did 3-1/2 hour filmings of each of the teachers that were there and there were 33 of them there. So that's how I got involved in it. Then I got to do another filming for another 3-1/2 hours in Melbourne, just about two months later – month and a half later. So all those hours got boiled down to a few minutes, but still that was the ... my... the way I got to be involved in it. And I think they're going to do a second one. I think it's coming out in September.

D: Yeah, I just saw a note about it. It's called...

James: You mean like a sequel?

John: I think just a sequel. I... it's still a little secretive, but I think it's a sequel. I was told by one of the promoters down in South Africa the other day that they're planning that. And I believe that I'm going to participate in that one too, because they've still got the footage

from the original footage that... I think the best footage is still to come.

D: It's called *The Secret: The Next Step*. I just saw that. I went online when I was looking at... at least that's what they're calling it now here.

John: Yeah.

D: And you know John, I've had a chance to hear you talking about this because you know I interact with you enough and ... and are with you both formally and informally ... and ... so it was kind of interesting hear you talk about it and then have it finally... because it took a lot of different directions. You know it was going to come out more on... wasn't it Fox or something like that?

John: Well, originally it was going to be a 2-hour prime-time television special across the World, and then three 1-hour follow-up specials. And what... the date that they had set it, which is February 15th, a year – last year, not this year. Then what happened is the Commonwealth Games and the Olympic Games came in and bought out that time and messed up the whole international debut of it. And so they had... didn't want to wait until months and months and months before they could find that date again, so they decided to come out with Avedis (?) DVD format. And really, I think that was the wisest thing that could have happened. I think there was a higher order to it, and it spread across the world by grassroots... you know spontaneous telling people, telling people, telling people... and it's now reached a billion people indirectly this way.

D: Well you always say there's a blessing in all events, so obviously that demonstrated it.

John: Yeah. But she was a visionary. When she came... I remember when she showed us the trailer of *The Secret*, we all were brought to tears. And she asked "Would you all participate in this?" And we looked at each other and said there's no question we wanted to. Now, the original one, which I saw footage of, was a more deeper and more profound principled one. But when they had to go to DVD and they filtered it, they took it from only six people – originally there was only

going to be six people in it. I was blessed to be one of those people. But then what they did is they put in 55 ... they took and kind of diluted down to where more common denominator of all 55 of the speakers. And I think the benefit of that is that it went out to more people, more easily, and I think it spread easier. The challenge of that is that it didn't really go as deep and it... I didn't think it was as comprehensive as it could be. And I think that the individual teachers now are getting to add those details in their individual lectures. But I think... I'm hoping that the second version adds to that and fills in some of the gaps that could actually have been refined into it.

James: Okay. Well Dr. Demartini, if we could, for a lot of the listeners they may be hearing about *The Secret* for the first time... let's kind of start with the first question: Really, what is *The Secret*, and what was the purpose behind bringing that mastermind group of 100 people together?

John: Well, *The Secret* is that our innermost dominant thought becomes our outermost tangible reality, and that if we don't plant flowers in the garden of our mind we're going to pull weeds. And it's our responsibility as individuals to define and continually refine what it is we really, truly would love to create in our life and give ourselves permission to go out and do extraordinary things with our life, and that we have the capacity inside our mind to literally influence our environment... not be living in effect, but actually take command of cause and create a life that we dream about. And that... you know, we... we've been... I've been a chiropractor for 25, 26 years now, and I used to notice in my practice that... when I practiced full-time... that there were certain people that showed up on certain days when my energy was up and other people showed up when my energy was down. And I noticed that I drew people that matched my feelings and my thoughts and my intentions each day. And this is what *The Secret* is about... that we literally have the capacity to attract into our lives the people, places, things, ideas and events to help us fulfill our innermost dominant thought. And it... *The Secret* is a catalyst to remind us of the principles that have stood the test of time... that the great leaders and great achievers have learned and applied to manifest their great achievements. And I think it's a powerful reminder for everyone.

James: With...with *The Secret* and that mastermind group coming together now, in the year 2007, a lot of the material that was referenced in the movie and in the book, actually comes from authors that wrote some of the stuff a hundred years ago, or even gone back into Biblical times. Why now do you think that there is such a movement that it seems that *The Secret* or the law of attraction is coming to fruition rather than being noticed when some of these books were written hundreds of years ago?

John: Well I think that... that one, an individual speaker can have an influence on the world and each of these people that have obviously new *The Secret* did. But if you put a whole group of people that all are involved in that... that resonate with that... and you put that out there, and each of them with their databases and their influence, in addition to being an inspired visionary driving this thing, plus the internet, plus all of our out there speaking... I mean this year I will speech... do 400 speeches in front of thousands and thousands of people... so you put that out there, that's a marketing boost to the movie. And I think if you put all these people out there doing it, plus the internet, plus the grass roots effect and the way it was marketed, I think the ingenious of it is just an ideas time has come and that we have... we're available today. With the internet, we are available. People can now get anywhere in the world get access to it.

D: You know I think you're right John, because we did a show called ... previously it was like biological evolution and now it's metaphysical evolution of the mind. And the internet is just the steppingstone for that. So to have that be with so many people so quickly, you're right, it was a blessing...

John: Well you do that, plus you do television... I mean Larry King and Oprah and things just took it to another level also. But I've done probably myself 600 radio and television shows myself and I have a feeling almost every one of the other speakers have done that. And I've reached probably... God... probably 700 million people since that thing came out...

James: So really, it hasn't even begun to begin yet.

D: Right. We're going to be right back. This is Dr. David Stussy with Dr. John Demartini and *The Secret*. Come on back to the BigBrain Radio Show.

(music – “What a Feeling”)

(music)

D: Hey, this is Dr. David Stussy and the BigBrain Radio Show. And we are with John Demartini, philosopher, educator... just about anything anybody could be. That's the way I see John. And he is most famous right now for being with *The Secret*. And we have my co-host...

James: James Cunningham.

D: James Cunningham, financial expert extraordinaire, and now co-host on the radio.

James: You know...

D: Dr. Demartini, we had a book here... James pulled out his old books that he'd been reading, you know, and we looked at a note and one of the notes says to have a radio show... so now he's on a radio show. Huh?

John: Well that's great. He deserves his dreams.

D: (laughter) I think it was written like 10-12 years ago.

James: Yep, I wrote this out. And it's actually a course that I took with Bob Proctor... where I had to write out some of my goals and some of the objectives that I wanted to do. And one of the thing is the most successful radio show about money, communication and living the prosperous, abundant life.

D: That's a good show to have. I think we're on our way.

John: That's a wise thing to do. A lot of people benefit from that.

D: You know John, one of the philosophies of the BigBrain Radio Show is that we live in a sensory motor... well we are sensory-motor. Our brain is... we have sensory input of... a lot we know, a lot we don't know, but we have a motor response, most of which takes place without our knowledge, fortunately so we don't have to think about it. But metaphysically we have information that comes in and we create of things that we pay attention to... the things we notice. Like right now, people are noticing *The Secret*. But in response to that, there has to be a motor response, or an action. In fact, the definition of life is to have action. If there isn't any motion there's no life. So we call that intention, in the metaphysical, BigBrain philosophy. And I think that's an important component here. I mean people can hear *The Secret*, but the intention is really paying attention... now what are the things that I need to do that's consistent with what I see and what I have attracted to me.

John: Well, what's interesting is I've been blessed to be involved in education and learning. And one thing that I've pretty well demonstrated over and over again in my learning programs is that if you learn something and you take it in through the senses, the faster you enact it and give it out, the more you retain it. So that means if you read something and you immediately something... tell somebody else about it or stand up and speak about it, you'll retain it. But if you wait and have a lag period between the input and the output your attention goes down. So the same thing with *The Secret*... we're imbibing these principles of *The Secret* by watching it. And there's many people watching it, over and over and over again... and that's valuable. But, there's even more value by taking the time to actually act on those principles daily... and immediately. As soon as you get an idea, act on them. That will make it more of a habit... or your character... you'll develop more output. You'll get more productivity out of it... more achievement. So whenever you are doing something that you want to... you're working on a goal or whatever... it's wise to daily design the action steps to achieve it. And that way you're applying *The Secret*... because it's the applied *Secret* that makes the most power.

James: And you're saying to act upon it meaning... the feeling, the intuition, the inspiration...

John: Right then. As fast as you can.

James: Okay.

John: When I... when I read a book... I used to get up at 2:00 in the morning, do meditation/yoga until 2:30. At 2:30 I would start speed reading and I would speed read until 6:30 in the morning. And I would sometimes read a book or two books an hour – sometimes more – and then that evening, I would teach. That very evening I taught what I read that morning. And my retention skyrocketed. Because if I taught what I... what I learned... my ability to absorb the information went way up... because I knew I had a deadline for learning it. And the same thing... if you have goals, and you have deadlines, and you chunk them down into small priority action steps, and you move in a direction of what you want to create, the universe moves it towards you... and you expedite the master of *The Secret*. And I think it's one thing to hold a picture of holding a million dollars in your hand. It's another thing to hold that picture and then chunk down actions you can do to move in the direction that manifested that... like for instance, finding out who you can serve to earn it, and defining what the service is going to be and who's going to be serving it, and when you're going to serve, and where you're going to serve, and why you're going to serve, and how you're going to serve, and how much you're going to charge. The more details you get in the actions, the more powerful *The Secret* becomes. I would say a master is the one who focuses on every finer detail and holds the vision, and applies the action towards it until it's real.

D: You know I'd only known James for a couple of months and then dragged him off to your planning seminar... and that's the very detailed questions that you ask... and it's like... you don't let... you can't let yourself just stop at one, you have to keep going until it's satisfied... until it looks consistent with what you want to have happen.

John: Well I've been mapping out my life since I was 17 and I feel that I've, you know, achieved quite a number of the dreams that I've set out for, and I think that it's because I have taken the time. I always say that I'm worth it. You want to get up in the morning and say I'm worth the effort... because nobody gets up in the morning to

design my life, you know, around me. It's up to me. And I just say... everybody can say that. I'm worth it. I'm worth the effort. I'm worth the planning. I always imagine this: Take the most amazing person on the planet that you could ever imagine going to meet... and imagine finding out that they're coming and visiting your house... and then ask what would you do to get prepared and ready for it. And whatever you would do to get prepared to meet the most amazing person the planet, do that to yourself... so you can become the most amazing person on the planet.

James: Hmm. Dr. Demartini, one of the questions that I hear a lot as people read "The Law of Attraction" and read some of your books and attend your lectures is the whole idea of the thought process and this detailed acting upon the issue... upon your feelings. Tell me, how does this relate to, say, children... an infant?

John: Meaning... I'm not sure what the question means.

James: The question is, how does the law of attraction or holding the thought process relate to a child? Because one of the things that was in *The Secret* that kind of resonated with me was ... as you know, a few years ago I had a child involved in a very traumatic accident. How does the law of attraction, or the thought process, attract to a small person ... or bad things happen to an infant?

John: Well it's interesting... first of all, I don't ever see bad things...

James; Okay.

John: I just see events. I learned a long time ago to not label events but see events as neutral. The second you label them you've boxed it in and stopped your mind from seeing new possibilities. So the first thing I do, instead of seeing it as a bad event around a child, I see it as an event. And then I ask so how is this event... how could this possibly serve the child, and/or me? And what I do is I now see inside that crisis new doors of opportunity and new blessings that are sitting there. Instead of labeling it and getting stuck in the label I just break through the label and find out how it serves. So it's... there's never a bad event. There's simply an event...

James: You know, Dr. Demartini...

John: And then what I do is I go in there and I look back... because children, even at birth... when you regress parents or teenagers back in time, you'll find out that many times they think ... and this is going to sound pretty stretching, but it's true... that they sometimes think they should have been the opposite sex, they should... they're causing the conflict in their family... they shouldn't have been born... they've hurt feelings... sometimes they feel like they're wrong or they shouldn't have been the way they are... they don't look right... and they sometimes have self-depreciating perspectives of themselves and fantasies of how life are supposed to be... and that internal conflict draws into them their lives... draws into their life events that are there to actually help them wake up their mission, and their uniqueness in their life and to help them appreciate life. And we will see those events as sometimes traumatic, but actually they may be the catalyst for that child to do extraordinary things in their life if we look carefully enough. So I always say instead of ever buying into the idea that a child is going through a traumatic event or terrible event, I was look at ... this is a neutral event and how will it serve the child, and let the child see that... and train the child to see that it's not what happens to them, it's how they perceive it. And that liberates them from the bondage of misperceptions about events and gives it fuel of opportunity to take the event, whatever it is, and use it to the greatest possible advantage in their life.

James: Interesting.

D: Wow.

James; Well, Dr. Demartini, we were actually having lunch right before we decided to call you, and this actually was a question that we wanted to ask to see how you would respond to this, and what you said was almost word-for-word with how we envisioned your response... because actually we were trying to go through how do we interpret an event ... and as humans we label this as good or bad. But we appreciate you passed our test. We're glad you're on the show.

D: Hey, we passed the test.

John: There's never a door shuts without a window opening. A wise person doesn't see gains and losses... it only sees transformation and honors the transformation. They're adaptable to it without stress.

D: Alright... Dr. John Demartini... person extraordinaire... friend extraordinaire. This is Dr. David Stussy... Dr. D of BigBrain Radio Show. We'll be back in just one moment.

(music)

(break)

(music)

D: Hey, this is Dr. D and the BigBrain Radio Show. We're with Dr. John Demartini.

(music)

D: Yeah, we're here having a really good time... finding out about ourselves, about *The Secret*... and about Dr. John Demartini. So Dr. John, we kind of left off... and I had this thought you know that everybody uses the term transformation... and you know my work from you means changing form... that we actually have different forms that we move through based on the amount of information we get and then our action that we take place... and so it's kind of like we're evolving even when we don't know we're evolving... and that being aware of the law of attraction and being aware of some of the things we're taking of today that evolution has a more directed purpose. Because we have a purpose... but sometimes it isn't always directed.

John: Well, I always say that inside all of us... in our heart you might say, is a yearning for the fullest expression... in all areas of our lives, spiritually, mentally, career, financial, family, social, physical... we're here to grow and expand. Nobody gets up and wants to shrink in any of those areas. And what happens is we expand our being by taking action steps that inspire us... ones that we would love to do that we're grateful for and we're ... we absolutely love to manifest. And the speed in which we manifest things is directly proportionate to

the intensity of our actions... and the vividness of our vision, which is based on the details that we hold on that vision. So if we have a vast clarity on ... a vast vision with extreme clarity, and we know the details of action step and we intentionally act on those diligently, then what happens is the manifestation begins immediately. We start to see... the results start showing. So people can manifest a million dollars... I had a guy the other day who said I'd like make a million dollars. I said, "Okay, what are you going to do to make it." He goes, "I don't know, I just like to make it." I said, "Well that's nebulous. What service can you provide to a million people that's worth a dollar or 500,000 is worth \$2.00, or a thousand people it's worth \$1,000." And I broke it down and we finally found something and let's map a plan of doing it. And once he got that clear picture and that vivid vision, he was ready to go to work. He wanted to leave and start working on it immediately.

James: So it is not just the simple process of thinking about making a million dollars all day long that's going to bring it.

John: Well thinking about it... I always say that we have the power of our thought; we have the power of our vision; we have the power of our words; we have the power of our feelings; and we have the power of our actions. And if we do one of them, we did one part of the power. But if we put all of them together, we get intensified power. And do I say put them all together... you know take actions on it that inspire you, that are clear, that are concise, that are focused. But at the time same, just thinking about it, is...in many cases you can manifest things with that. But I think it's wise to put all the faculties together. That's why our brain has associated in (intelligible) are in the brain to make sure that we have integration at the highest centers of the brain. So we can put all those things together on one focus. And I think that intensifies the actions and brings them into reality much more efficiently.

D: You know John, one of the things that I hear from you all the time is if we aren't... if we get kind of off-purpose, or maybe get infatuated or even down... humbling circumstances will show up or things that aren't as important will distract us. Or, to get us back on purpose, that it's just the opposite. But, um, how do people become aware of this, to stay focused, because you said the intensity of

action... obviously they have to stay focused... a lot of things show up...

John: Well the key, David, is to make sure that the goal is congruent and aligned with the highest values. Every human being has a set of values, and whatever is highest on their values is where their discipline and focus is. And whatever is lowest on their value, they procrastinate and hesitate and they have inertia. So the key is to make sure that the goals that you have, that you want to dream and manifest and create, are aligned and congruent and are truly linked in your mind... and purely associated with your highest value... so you have the highest priority of focusing on it. And I think that's more important in almost anything... making sure you have congruent objectives. If your values don't match your goals, or your goals don't match your values, you're going to procrastinate... you're going to hesitate... you're going to get distracted.

D: So an example for people would be like if one of their highest values was faith, or religion, then how would that goal... having that goal that they have enhance their religious experience or their...

John: Exactly. See, I've been... you know people ask me you know how do you keep the intensity of your actions... I mean I have full schedules all the time. And I said because I'm doing what I love and I love what I'm doing. I don't... nobody has to get me up in the morning to do what I'm doing. It... it's something I love doing. So I can't wait to get up and do it. And so when you're doing that... and it's truly congruent with that... then you don't have to worry about it. You just do it. You're not... you don't get distracted because you love doing it. The key is to make sure your goals in life are the same as your values. And you know I always say when you do, then your vocation and vacation become the same.

James: So is there is a such thing as conflicting values?

John: Well there's not so much conflicting values because those aren't going to conflict. But what you do is... in your mind the way you fulfill those values can be conflicting. The strategies on how you can get those done. I just gone through consulting before we started this radio show with a gentlemen that is trying to build his business,

but he's got two kids and he's now trying to plan a soccer coach. And he's feeling like you know one's interfering with the other. So I told him... I said, "Well why don't we create a link and metaphor and look at how you're training your kids and use that as your coaching service for your consulting... in your corporate world". And he started... he looked at me and he got a little watery-eyed and he goes: "Oh my god, I could." I said, "Listen to what you're saying to the kids and then translate that into what you're doing with the coaches and then link what you're doing in your corporation to what you're doing with the kids. And so you don't see them... you'll see that both are training each other and they're not interfering with each other. And once this mind sees that link, his energy goes up, he's inspired by what he's doing – both of them – and one doesn't interfere with the other. The more you link the two different objectives together in your mind by asking questions and how do they help each other, the more inspired you become, the more they both supplement each other, and the more empowered you become.

D: I think the quality questions is a very important thing. Asking quality questions and then you're looking for good answers that fit that in terms of what you're talking about.

John: Our life is exactly based on the questions we ask. And if we ask quality questions, we get an extraordinary life.

D: You know I had someone say to me the other day you know I never really know what I'm thinking until I actually say it. And so by expressing yourself and actually being willing to put it out there it actually shows up in the content and the context that you want to have.

John: See, I travel extensively and people, you know, say, well how do you do it? How do you travel? And they have a perception that travel is drudgery. And I see travel as an opportunity to meet people. I have time to read and write. And I have time to you know explore and see amazing things. And I love being way up in the sky. I mean I feel at home at 35,000 feet up. And so I have a totally different association because I've been asked the question: How does flying help me fulfill my mission. And because I've answered that question hundreds and hundreds of times, and have that in my brain, my brain

associates that if I go flying I'm getting my dreams. So I enjoy it. I don't get jet-lag; I don't have energy drains. I don't have anything. I enjoy flying. And that's the base... anything in your life that you're doing that's not inspiring to you, it's wise to ask the question "How is what I'm doing going to serve my highest value?" And if you ask that and answer that, and keep answering that until you get tears of gratitude for getting to do it, then it will be fuel and never be friction for your life.

James: Dr. Demartini, how would you respond to those people who... who are trying to change their thought process, they're starting to recognize you know that the events in their lives can serve a purpose, but yet they continue to get the same negative results that they're looking at and they never progress past a certain wall?

John: Well, I assure you, that the people that are sitting there plateaued are in conflict inside themselves between what they want and what they think they're having to do. They have somehow subordinated themselves to outside authorities and injected the values of others into their lives. They're trying to live for other people's values. And Emerson said, you know, "Envy is ignorance and imitation is suicide." And Albert Einstein said, "My contempt for authority made me one."

D: (laughter)

John: He didn't want to let anybody outside him be an authority so he could be pure and true to his own thinking and feeling. And so many people are draining themselves because they're trying to be somebody they're not, instead of honoring their magnificence. So I say make sure that what you're saying you want to do really, truly is what you want to do. If it is, you'll be doing it. You'll be inspired by it. And if they're drained, and they're not inspired by their life, they're doing something that's not inspiring to them. And what that means is they don't have a plan of action and they haven't organized their life in such a way that they can start working towards what they love. And so either ... I would say either love what you're doing, by asking questions to see how it's linked to your values, or go and do what you love. Go do what your values are dictating. And if you do, your energy surges.

James: So that old say everybody has ... or opinions are like body parts and elbows (laughter)

John: (laughter) Yeah.

James: Everybody's got 'em.

John: I always say opinions are like pennies. They're the cheapest things, and that which circulates the most have the least value. You want to not live in other people's opinions. You want to live by your own visions.

D: You know we were talking...

John: Your vision is bigger. And Niche said if you have a vast vision, the how's take care of themselves.

D: You know we were talking on the way over here, you know how do you not get infatuated so it gets you off-purpose. And the conclusion we had was gratitude has to be there at the same time that you're excited about something. And that gratitude is a big part of this whole process because, you know, you have to see yourself as receiving... as a receiving and sending station. And the gratitude for that is kind of monumental, isn't it?

John: Well it is because... you know I have probably the largest collection of gratitudes typed that anybody I know. I do it everyday. It's... every day... because I found the significance of it. And what you do is you write down what you are grateful for everyday... Because when you're grateful for what you have, you get more to be grateful for. And you're training yourself to be thankful. What you think about and thank about, you bring about. And so I'm a firm believer in gratitudes. I mean, every single day I document them. Document what I'm grateful for ...

D: John I saw... you know you let me see you do that and I have actually been doing that since then. It's remarkable. And then you get to look back too.

John: You look back at what you accomplished and you get... If you ever have a moment when you feel in anyway uninspired you look at that and you get brought to tears again...

D: No kidding.

John: Tears of gratitude.

D: You're going to make cry right now.

James: So you found a journal that you wrote 10 years ago, you ...

D: Oh, no. This is just a month... I started about the last year and a half I've been doing it every day.

James: Interesting. So there is a difference between being excited and grateful, and excited and cocky.

John: Well, I don't like to use the word excited because that's a charged state. I like to think of gratitude, which is a poised state. I use this analogy: If you are infatuated with somebody and you put them on a pedestal, you'll tend to minimize yourself relative to them. You'll be too humble to admit the traits you see in them. You won't have reflective consciousness because you'll deflect it and not own what you see in them. When you do, you're going to want to change yourself relative to them and try to live their values instead of your own. And you're ungrateful for you. Then at the same time, if you're self-righteous and you judge somebody and are ridiculing them or critical of them, or resenting them, you're going to want to change them and project your values onto them...want to change them. When you're wanting to change them against their values, that'll be futile, and you're going to want to change them and you're ungrateful. So anytime you put people on pedestals or pits, you shut down your gratitude, shut down your heart. You don't have the most powerful love and gratitude to guide your life, and you shut down the voice on the inside, and now you're run by all these perceptions on the outside. This is not the way to use your energy, because if you're trying to change against your values, or change others against your values, it's futile.

James: Would you say that there's different levels of gratitude?

John: Well the highest of gratitude is seeing the entire order of the universe. I wrote an article, in Vancouver, about the intelligence of the universe. And I believe that there's a hidden order in the universe. David Bohm, the physicist called it the "Implicate Order". And I believe that when you actually scan the universe and you see how magnificent it is, and how marvelous it is structured, and how order life is, it brings you to tears of gratitude for this overall order. And that's a much broader perspective of gratitude than just 'oh thank you for bringing me my keys', or 'thank you for giving me... paying my bill' or something. I think that if you... if you're grateful for a part, that's one level of gratitude. But if you're grateful for the entire picture – the vastness of the universe – that's even more. And I would say that you're rewarded in life to the degree that you're grateful, and the ever greater you might say sphere of gratitude you have, the greater the impact you have.

D: You know John, every night I go to bed... something I learned from you ... I just say nothing is missing. And ... can you explain that statement, because most people don't really understand that when I talk about it.

John: Well what happens is we go through life and we've filtered things based on our values, because the values determine how we see the world and act upon the world and make decisions. And somebody with a completely different set of values sees a different world. And what we miss –because it doesn't support our values – somebody else may see. So in actuality, nothing is missing, but we think it's missing because we filter things. Just like a researcher will automatically get the research that supports their belief and tend to overlook research that doesn't. Somebody with a complete opposite belief will see that research that that first researcher didn't see. So in actuality, it's all there, but our values filter it out. And when we finally realize that nothing is missing, we come from a state of non-desperation, but inspiration. And so I try to teach people whatever they think is missing go find out what form it's in. And when they do, they feel empowered again. It's quite amazing... and I've been doing that for years, and it's really an empowering question.

James: And Dr. Demartini, you're working on a new book. Tell us the title of it.

John: Well, I'm working on five right now. (laughter)

James: (laughter)

D: Oh five?

John: One's called "The Riches Within"; another one called "The Gratitude Effect", which is coming out in September. And then I've got another one called "The Joy of Depression", because I'm basically ... in that book I'm trying to teach people that the reason why they're depressed is because they're comparing their current reality to fantasies and unrealistic expectations. And a lot of our negativity inside emerges as a result of having false expectations and unrealistic demands on life or ourselves. I have another book that is not finished that's basically "I Gave Up on Happiness, It Made Me Too Sad", and what that one's about is our addictions to the highs are the source of our lows. We get a dopamine and endorphins stimulated when we get our values supported and we get infatuated, and then we become blind by our infatuation and then get broadsided by the other side. If you infatuate with a new man or woman that you're dating, you get broadsided by the broken heart that's coming because the person has a balance and you're seeing only one side. And so this book is about how to make sure that people see a balanced orientation on all aspects of their life.

D: So being able to see things in a form that you weren't looking for... Like you talk about sometimes when someone dies that they're really not out of your life, it just shows up in a different form. Like if a father had certain characteristics, other people in your life will automatically show up with those characteristics to support you... maybe one or many.

John: Exactly. I have worked with so many cases that... hundreds of cases that ... where people perceive that they've just lost somebody, and we ask "What did you lose?" And see, you can only lose the things that you're infatuated with. Nobody ever comes to me when they've had a death in the family and says, "Oh, I miss their

screaming. I miss their dirty hairs in the sink. I miss their slobbering of eating.” They only say the miss the things that they admired. And so what happens, if you’re infatuated and admire traits about somebody and they’re gone, you’re going to have remorse, bereavement, grief, loss and sorrow, and you’re going to have withdrawal symptoms from your addiction. But you can actually have a release and kind of a joy on the things you despised about them when they’re gone. So it’s sorting through those and bringing those into balance that allows you to no longer have remorse and to actually feel the love and presence of a person, and to see the new forms in which they emerge.

James: You know...

John: My research shows that everything that passes away actually just changes in form. It’s a conservation law that governs it.

James: You know I... Dr. Demartini, about a year or so ago, you and I had a conversation that you were mentioning that you had dinner with a bunch of my heroes. I was always into self-help books on how to stay positive and think positive thoughts only all the time. And you had named the names of a lot of these people that I was, now I recognize, infatuated with. And then you said you went to dinner with them, at the end of the night, and how negative they all were.

John: Well, I did a survey on myself and documented my emotions throughout the day, four times a day for two years, in the seven areas of life, and I found out that I had a balance after all. I wasn’t so... when I thought I was all positive I also had negatives. And I noticed that even the so-called positive thinking gurus had that. And I think that ideally in *The Secret* would have been nice to have been clarified... because we think... if we’re going to try to... going to be a one-sided person, we’re going to have failure at that. We’re going to beat ourselves up. The truth is, we are... each has a set of values and whenever we feel our values are supported we’re nice; whenever our values are challenged we can get mean.

D: Okay...

John: And we have both sides and we must honor both sides in order to really fulfill our lives.

D: You can hear that music John. We've got to take a little break. This is Dr. David Stussy, Dr. John Demartini and James Cunningham. The BigBrain Radio Show.

(music)

(music)

D: Ooh yeah! (laughter)

James: This is sexy music.

D: Hey, Dr. David Stussy at the BigBrain Radio Show. We're with Dr. John Demartini of *The Secret* and other many extraordinary... hundreds of books really, and James Cunningham, financial expert extraordinaire. And before we get back to John Demartini, James you're in town because we're doing a seminar. We are actively involved with Northwestern University Health Sciences, and we support them and we give the opportunity for doctors and any business person to have an extraordinary life in terms of their finances. Right?

James: That's right. In fact we're going to be at Northwestern Health Science University. You can call 1-888-IRS-419E if you're a business owner and you want to attend the workshop at the college tomorrow, and the staff can give you the details.

D: That's pretty good. I like that.

James: 888-IRS-419E.

D: Okay, so we've got money handled.

James: That's right.

D: John, this is called "Stuff that Works", our last segment. It's about seven minutes, we've probably got six minutes left, and we

thought... we were talking you could kind of summarize how to magnify or get the best results out of *The Secret* for people.

John: Well the wisest thing I could say is that ... as I started... make sure that when you're going out there and you want to manifest and have the law of attraction work for you, to make sure that what you're really wanting to create in your life is truly that which inspires you, and not something that you think you should be doing from some outside influence. Make sure it's you. Be authentic. Be... acknowledge your magnificence by going after things that are really, truly meaningful to you. And then do exactly what it says... cut out pictures of exactly how you want your life. Affirm and start articulating exactly, as if it's now, present, in your life. And set up visual images and set up words of power to affirm and dominate your thought on it. Set aside a time on a daily basis to do so. Meditate on it and imagine it in your mind. Run a visualization process of exactly how you want it and run it to ever finer detail. Plan out action steps as they emerge in your mind, and take daily actions and prioritize them everyday because you know if you don't fill up your day with high priority things, it's going to fill up with low priority things. And then make sure that you have... that you're truly inspired by it, because when you have gratitude and love, inspiration and enthusiasm, the four cardinal feelings of magnetism, you drawn into your life synchronicities. And you become present with it and you literally have people come into your life to help you fulfill it. Then also, no matter what happens during the day, ask yourself "how is it going to help me fulfill my mission and what I'm up to?" See whether it seems supportive or challenging doesn't matter. Both of them serve the mission. And you want to ask the question: "How does whatever happened to me today serve me?" "How does it help me get my mission?" Then, once you've trained your mind to do that, you realize it doesn't matter what happened, that you're getting your goal.

D: (laughter)

John: And then at the same time, every day document what is happening that's documenting that you're making progress towards that and write down a gratitude list. Every day, keep a gratitude journal of what is occurring that you're thankful for that's showing it. Supportive or challenging, write it down. Because when you're

grateful for what you're getting, you get more to be grateful for... and you move in that direction. And then go and get mentorship and take advantage of mentorships; they can expedite things. And know that if you keep coming up with new creative ideas to assist on the project, it'll increase it's probability, and then intensely act. The more you intensely you act towards something the more intensely it comes to you. And those are all action steps that I think have proven to work over time...

D: You know John...

John: And if you get distracted, make sure you keep the high priority things and delegate low priority things so you can get to do the things that are most inspiring to you.

D: Say John, in talking about mentorship, obviously I think you are the supreme mentor. And so if people are interested in finding out more about you and your... the Breakthrough Process, which we've already... we've had in the Twin Cities here a number of times... you want to give us your information?

John: Sure, if they'd love to contact me they can contact me at 888/Demartini... D-E-M-A-R-T-N-I. 888-DEMARTINI. Or go to www.drdemartini.com and they can go on there. They can see our newsletters or our magazine articles, or our TV shows. They can get in there and see all the programs we offer, or all the services we provide, and information. I'd love to have them come and join me.

D: You know, your website's getting quite extraordinary.

John: Yeah, we keep evolving it. We get more on it every day.

D: I think it's great.

James: And Dr. Demartini, as we wrap up here, one of the things I would like you to finish up on is just... just how valuable each person is. You had mentioned earlier in the show, that if all of us could recognize our own self-worth and that we're creations of the Most High, how powerful we can be.

John: Well I think what most people do is they play small is because they subordinate themselves to outside authorities instead of allowing the authority to be from within. I always say when the voice and the vision on the inside becomes more profound than all opinions on the outside, you begin to master your life. And I'm a believer that there truly is a grand organized design... God, if you will... that runs the universe. And I believe that when we have humbleness to divinity we end up having more certainty for humanity...

James: You know, say that...

John: ...and we automatically awaken that when we're grateful and we have love. So I say to people, say everyday to yourself, no matter what I've done or not done, I'm worthy of love and thank you for allowing me to be me.

James: Say that again... when the thoughts and opinions on the inside...

John: When the voice and the vision on the inside become more profound than all opinions on the outside, you begin to master your life.

D: Well John, that is the BigBrain Radio Show. One of our essence is to not listen to outside authorities. Your own experience is what tells you what your life is about. You can always use the information; you can always use knowledge... like we have had today... but it's really about your own experience and you have to be true to yourself – your own true values.

John: That's it!

D: And I think there is nobody... you know you are my mentor and you kind of stand for that. And I'm not trying to put you on a pedestal, but it's just the truth about how I experience you. And so we're always... have a lot of gratitude when you take the time to share your time with us. And I know it's your mission in life, but I still feel like it's special, so I want to thank you for taking the time to do that.

John: Well thank you.

D: And I'm looking forward to seeing you in person soon. I'm sure we will. And James is looking forward too. Right James?

James: We'll see you Dr. Demartini, pretty soon.

John: I look forward to it.

James: Thanks for talking to us.

D: And... thank you very much Dr. Demartini.

John: Well thank you for the opportunity to share. And may you prosper and may everybody who is listening realize their magnificence and fulfill it.

D: Thank you John.

John: Thank you.

D: Okay, you've been listening to the BigBrain Radio Show, and we've had the extraordinary opportunity to listen to Dr. John Demartini, one of the participants in *The Secret*, and that knowledge and tons of other knowledge. So if you get a chance, go to his website. And we really appreciate you listening to the BigBrain Radio Show. And what we ask to do is remember the BigBrains in your life, because they make a difference and you make a difference.

James: That's right.

D: This is Dr. David Stussy and...

James: James Cunningham. Remember the voice and the vision.

D: There you go. Have a great day.

(end of show)