

## Dorianne Cara Weil and Dr. John Demartini | Victim of History or Master of Destiny: You Decide!

– Wendy: Hello everybody, and welcome back to Lockdown University. Today is another special day. We have a very, very interesting presentation. I am thrilled to welcome back Dorianne Weil, who many of you know and have met before, and she'll be in conversation with Dr. John Demartini, and they'll be discussing victim of history or master of destiny, you choose. Welcome John, and thank you very, very much for joining us, and welcome Dor. I'd like to.

– Dr. John Demartini Thank you for having me.

– Wendy: Yes, we're thrilled to have you with us. And I'm just going to, I'm going to just, I'd like to introduce you just for a few minutes. Dr. John Demartini is a world-renowned human behavioural specialist, researcher, international bestselling author, and global educator. He was the recipient of the International Association of Top Professionals' Human Behavioural Specialist and the Outstanding Leadership and Commitment to the Profession of Human Behavioural awards. His mission and vision is to share knowledge and wisdom that empowers you to become a master of your own life and your own destiny. Dr. Demartini is the founder of the Global Education Organisation, the Demartini Institute, which has over 78 courses on self-development, life mastery, and leadership in its extensive curriculum. He is the author of over 40 self-development books along with an extensive library of CDs, DVDs, and online learning modules that cover topics ranging from financial mastery to business mastery, relationship development, to health and healing, the art of communication, to inspiring education and leadership. John, we are looking so forward to hearing more from you and to hearing from you. You know, we'd like to share knowledge about your institute so that our audience can participate. So a very warm welcome, and I'm now going to hand over to you and to Dori, thank you very much.

– Dr. Demartini: Thank you Wendy.

– Dorianne: Thank you. Thank you, so it's good to be back Wend, with you and with all of the Lockdown University family, as you call them. And I think that people do share what they're listening to and feel connected through being on this platform. And that was one of your aims in the beginning, besides the sharing of unbelievable knowledge, which would be difficult to come by, you know, otherwise you've brought this to us all as a gift. But it's also that sense of connection of everybody participating in this and being together. So, you know, it wasn't, I wish it was me who said it, but it wasn't, it was Albert Einstein actually, who said that not everything that counts can be counted, and not everything that can be counted counts. You've heard, and if you just unpack what you've heard of Dr. Demartini's CV,

40 books, 78 programmes, global speaker all over the world, you know, it's just a flavour, but John, I've come to know you over the years, not only in terms of what you do, but also in terms of who you are, although it's one and the same. You know, the term work life balance doesn't even begin to apply to you. Doesn't even begin, because you know, when I listen to you, I sort of say, what do you do for fun, or what do you do for relax? And then it's like an awkward silence, and you sort of say, what are you talking about, I do what I love, I love what I do, this is my relaxation. And I know that you have referred to yourself as a freak, and you don't take it as a derogative term. I think, I've heard you say it because you are, it means so incredibly different. I have never met anyone with such unbridled curiosity and extensive knowledge of all the ology, whether it's psychology, sociology, astrology, neurology, any kind of ology, you're just an avid reader. You consolidate the information, you put it across in forms that we understand, and we're very, very grateful for your gift of being able to do that. And I just want to start off by saying that I don't think that your path was an accident, and what you doing was just an accident. 'Cause I know a little, and I remember about how you began, and your own history acted as a springboard to what you delivered to the world. So perhaps you can just fill us in initially of what precipitated this unbelievable journey for you.

- Dr. Demartini: The one minute version. I had learning challenges as a child, to say the least. And I was also constrained by braces on my arm and leg on the left side, and a speech impediment. I was told in first grade that I would never be able to read or write, never be able to communicate effectively. Probably won't go very far in life, and not amount to much. And I ended up dropping out of school at a young age, became a street kid, and that led me on an adventurous journey to hitchhike from Texas to California to Mexico, and eventually to Hawaii, where I was developing a skill in surfing. So this was in the '60s and '70s, and I did quite well in surfing, got in surf magazines and movies and books. But then I nearly died at 17. And I was led in recovery of that to a little health food store, and then onto a little yoga class where I met a very inspiring man named Paul Bragg, who one night in one hour with one message truly inspired me to believe that maybe I could overcome my learning problems and my speaking problems, and learn how to be intelligent someday. After meeting with him, and having his lecture, I got an inspiring vision that night of seeing meself speaking, articulately, in front of a group of people, a large group. And that was the dream, that's where it started. And that led me to eventually going back from Hawaii, where I was, to back to Texas where my parents lived, going back and taking a GED, a general education degree, trying to go back to college. I failed at first, and then I got really determined to start memorising dictionary and learn words for the help of my mom. And I eventually grew my vocabulary enough to be able to start passing school, and I began to pass and then excel, and people then started coming to me for questions. And I never had any more inspiring thing to be able to know that I could be

of service to people by helping them. And it became a real love for that. And so I've had a dream since I was 17 to travel the world and teach. And I do that today. I started on my journey of teaching when I was 18, and my speaking and teaching grew to first locally, and then city and state and nation. And I've been blessed now to present in 176 countries, and a lot of people, so I've been very blessed, and I'm just as inspired today to do that with all the research as I was then. So I can't think of anything I'd rather be doing, but to, you know, research, write, travel, and teach. So I full-time do that. Everything else has been delegated, so I don't have any other distractions.

- Dorianne: Huh, that's so we value the very value, we value being the recipients of that. So it's an interesting title, John, you know, victim of history or master of destiny, you choose. Obviously, well, from my point of view, we all, in a way, are maybe not victims, but certainly deeply affected by history, we develop ways of seeing the world because of what happened to us when we were much younger. We project those beliefs onto our world even though they may not be relevant now, they might have been relevant then. We develop patterns of behaviour, we develop perceptions about ourselves. We often don't see a way out, we see that that is how it is. And you have that little dash or the or, master of destiny, and it looks like, yeah, if you say it quickly, you choose, it's not such a, it's a journey. It's a huge journey to transcend what we believe is our destiny through history. And you are here to say that maybe there's something different, something more. And we want to hear how.

- Dr. Demartini: Well, we have this magnificent capacity available to us. And that is the ability to take command of our perception, decisions, and actions. I believe as William James had said in his time, over 130 years ago, that the greatest discovery of his generation was the human beings can alter their lives by altering our perceptions and attitudes and mind. But we can do more than that. We can actually change our perceptions, but we can also change our actions and our priorities. We have sensory neurons in the brain, interneurons in the brain, and motor neurons. The sensory neurons are for changing perceptions, the interneurons for changing decisions, and the motor neurons for changing actions. And we have the capacity to impact them. And so if we prioritise our actions, and live by what's really truly most inspiring and meaningful to us, we have the most resilience and adaptability and can handle most anything. And if we change our perceptions, and ask very quality questions, 'cause the quality of our life's based on the quality of questions we ask, if we ask questions like how is whatever's happening to me right now, regardless of how I'm perceiving it, how is it helping me fulfil what's most meaningful and inspiring, and my mission in life as I see it? And if we answer that question with accountability and not just run our story and narrative about how it's in the way, we can transform anything that we perceive on the way. And that is prioritising our perceptions. And then if we can prioritise our

decisions to know which is the one we're going to do at this moment, are we going to alter our perceptions, or are we going to alter our actions or both? We then have command over our life. We don't have command of what's out there as much as what we have about how we perceive it and what we decide to do with it. So we can be victims of history or we can become masters of destiny. It's the way we ask the questions and the decisions we make and the actions we take. And I'm a firm believer that no matter what happens in your life, there's always two sides to it. All events are neutral until we subjectively bias our interpretation and create that reality that says it's in the way. We can actually see within the terrible, a day, a week, a month or a year later, we can find out it had a blessing in it. But why have the wisdom of the ages with the ageing process when we can ask now, how did it help us fulfil our mission in life or what we think is important? So I'm a firm believer that we want to ask really amazing questions. How specifically is whatever's happening to me in this moment, lockdown, challenges, criticisms, whatever it may be. How is it helping me become a greater individual, being able to serve every greater numbers of people in a more effective and efficient way? And how is it helping me live an inspired life? If we answer that, there's nothing in the way. And anything we can't say thank you for in life is our baggage, but anything we can say thank you for becomes our fuel. And fuel of opportunity to do something extraordinary on the planet.

– Dorianne: So John, I mean I hear what you saying about those possibilities, and the fact that there's a physiological construct that supports what you're saying. If you say that the state that I'm in now is not helping me in my life, I know that it isn't, I have overwhelming thoughts or even mental health problems. I'm suffering from depression or anxiety. I have just, attempting with difficulty to cope with a very extreme or severe loss. And I can answer the question to myself with honesty. How is it helping me? Actually it isn't. But the next question is how do I transcend the fact that it isn't, I can't just change my perception. And you spoke about, I think you were saying, what's important to you? How do I access my values, and how do I begin that journey of transformation?

– Dr. Demartini: Well, it was John Milton who basically in a nutshell said that we can make a heaven out of a hell or a hell out of a heaven. And every event is bursts the pair of opposites of perception. You know, we've had events in our life that we thought, again, were terrible. And then later on we looked back and go, oh, if it wasn't for that, I wouldn't be where I am today. But we had the wisdom of the ages through that ageing process. But why wait and take months or years to go and dig and find the blessing in that situation? So I'm not a believer that there's an event out there that's the cause of my problems, it's what would I decide to do with it, how I perceive it. And we can change that. We have that capacity to do it. We may not want to be accountable, but if we start with the idea and label it as something that's stopping us, well, we've already got a label on it.

I'd rather transform the label and see the other side to it. You know, if you meet somebody, at first, you may have a first impression, and you might see them favourable or unfavourable. But if you get to know somebody, you're going to find both sides of them. And you're going to discover that there was not just one side that you biased in your interpretation, but you actually get to see them. And when you do, you get to love them. You know, if you put them on a pedestal, you'll minimise yourself. If you put them in a pit, you'll exaggerate yourself. And neither one of those are authentic of you or them. But if you put them in your heart, and look carefully, again, deeper, probe past the first initial perspective, and ask the right questions to balance the perspective, you can find every human being in the world, even if they're challenging or supportive, can be of service to you. They can make you aware of the parts of yourself that you may be denying, and help you realise your wholeness. And so asking a quality question is, is how is what's happened to me? You are capable of doing that. I've had people with horrendous challenges, and asked them that question and held them accountable. And when they started digging instead of running the story, they discovered amazing opportunities sitting in this very same thing that they thought was terrible. But we want to run the story, and we want to avoid it with our amygdala. But there's an executive centre in our forebrain that is capable of transcending, as you say, that initial perception, and bringing it back into a homeostasis and balance where we liberate ourselves from those emotional distractions that most people are trapped by, and give ourselves permission to do something amazing. And it's the basically the questions we have. And we can have this situation. You know, I would say that depression is many times a comparison of our current reality to a fantasy that we're holding onto about how life's supposed to be. But anytime we expect life to be something other than what it is, and we have now had a fantasy about how it could be, should be, would be, we're not going to appreciate what it is and we're going to be upset about it instead of asking how is what's happening right now on the way. And even this situation we think is terrible, that's only an interpretation. And if we go and dig deeper, we can find out how it's a blessing. And I've been blessed to be able to help people see past their initial perspectives and dig deeper and find a deeper hidden meaning. I really believe there's a hidden order in our apparent chaos, and there's a hidden magnificence in the things that we think are, you know, overwhelming. And once we probe deeper, instead of running the story, we discover a potential and a power inside that we get to actualize and live fully and we get to open the doorway to opening our heart to life again. And I really believe that there's more of a magnificence in our life. And I say that the magnificence of who we truly are, and who truly people are is more magnificence than the fantasies we keep imposing on it, which stops us from appreciating ourselves and other people.

- Dorianne: So may I ask you, because you said it's a fantasy about an expectation about what could be almost like an idealised fantasy,

which prevents us in a way from asking the questions and seeing any of the benefits that you're talking about now in any situation, which is extremely difficult, I think. I mean I'd like to hear more about the journey because I don't know, I'm thinking of situations where people, there is an expectation of the future, but there's also a longing for the past. If they're going through something that is just, I mean, overwhelmingly difficult or even very difficult now, perhaps a loss, and just, you know, just not even being able to connect to the person that you were because of how it's changed your life and the overwhelming sadness. Or depression, because you are missing the competency, the person that you were, who you don't recognise anymore. When you look in the mirror and you say, who's this person? This isn't the person who I used to know or who I recognise or who could, just so easily without thinking, deal with this and that, where has that gone? So perhaps I'm just asking, there's not only, yes, of course it's the future, I want to be that again, or even more than that again. But talk to us about what do the questions look like? How do you start the journey, what do you say? And these underlying values that you referred to?

– Dr. Demartini: Okay, I found a lot of unrealistic expectations that people commonly, you know, go for or have. One of which is the idea that a human being, some human being is supposed to be one-sided. And this is a kind of a moral hypocrisy that people portray that they're going to be always nice and never mean, always kind, never cruel, always positive, never negative, always peaceful, never wrathful, always considered, never inconsiderate. And they build up an expectation of being a one-sided magnet. And if you set up a magnet of one-sidedness, and try to get a monopole out of it and cut the magnet in half and get only the one side, you'll find out you get two magnets with two sides. And the same thing for human beings. So people have this unrealistic expectation to be one-sided, and they're not embracing both sides of their life and they're trying to get rid of half of themselves, at the same time trying to love themselves. I learned back 37 years ago when I did an amazing research project on this one-sided thinking, and realised that it's futile. You know, trying to be a one-sided individual will be futile if I walked up to you, and imagine you're in a marriage, and you have an expectation of them being always nice, never mean, always kind, never cruel, always giving, never taking, only one side. I guarantee you, within a short period of time, you'll be having anger and aggression. You'll be blaming and feeling betrayed. You'll have criticism and challenge, you'll feel despaired and depressed. You'll want to exit and escape. You'll feel futility and frustration. You're going to be grouchy and grieving. You're going to feel hatred and hurt. You're going to have this insanity and irritability because you have an expectation on them to be something they're not going to be. They're not going to be one-sided. So that unrealistic expectation, that fantasy of a monopolized state gives rise to the opposite state. The negativity that you're trying to avoid, and you're wanting them not to have. And so you set

yourself up for this unrealistic expectation and then you have the consequence of it. And I really believe that the depression that happens from that, which is a combination of all those A, B, C, D, F, G, H-es of experience, is a feedback system to let you know that you're pursuing something that's not objective, that's unreal, that's polarised to one side, and you're not appreciating life. Now on the top of that, imagine if you expected another individual to live in your values, self-righteously projecting your values onto them. When they live in a completely different set of values in their life, they have a different set of priorities. It'd be like a husband expecting a wife to go to work and work as hard as a husband or the wife expecting a husband to take care of the kids as much as they do. Anytime you project an expectation on another human being to live in your values, you have another one that sets up for the anger and aggression and blame and betrayal and again. 'Cause you're self-righteously projecting your values onto others and expect them to live in yours. And you're labelling them lazy and procrastinating because they're not living in my values. So you set yourself up for the self-defeat, and then you're thinking you've got all this trauma and aggravation in life that's self-imposed because of this unrealistic expectation. So those are two fantasies. Then you combine those together. Now you expect them to be one-sided, and expect them to live in your values. Not going to happen. You're setting yourself up for disaster. And that, now imagine a husband and wife or a spouse or friends or colleagues or kids and parents, imagine them doing the same to each other, and imagine the amount of disorder and chaos that they may perceive as result of result of that. But what happens if all of a sudden you're objective, and you have a realistic expectation that I expect you to be a human being, live according to your values. And if I respectfully communicate in your values, I'm going to get a nice response. If I am disrespectful in communicating against your values, I'm going to get a normal response to let me learn how to communicate more effectively. You're doing exactly what you're designed to do, but I had an unrealistic expectation. The betrayal that I thought you gave me is what I created for myself, not what you did. And I'm now accountable for mastering my life. And a lot of the chaos that occurs in people's lives are because of these unrealistic expectations. Now imagine we do one more. We have an expectation ourself to be only one-sided. Now if we're not always positive, we beat ourselves up and feel shamed, and we become bipolar. Striving for a one-sided state of life all the time. Bipolar condition is a byproduct of the monopolar addiction, the fantasy addiction. Now we expect ourselves to live in other people's values. Hmm, that's so common. We envy somebody, we try to imitate somebody. We live in the shadows of somebody. We try to be second at being somebody else, and then not honour our own unique values. And yet we want to make a difference. But how are we going to make a difference fitting in to everybody? We're only going to make a difference being authentic to ourself. So we set up unrealistic expectations, us to live in others, and ourselves to be one-sided. Now we add that to the mix of the first three, and we have those on top.

We got extra chaos and a lot of our challenge in life are coming because of these unrealistic expectations. Now we add that onto the whole world. The whole world's supposed to be one-sided, and it's supposed to live in my values. And if it doesn't, there's something wrong with the world, and the whole world needs to listen to me and how to fix it. And we see this in politics, we see this in all kinds of places. I've even seen it when speaking to the United Nation delegates, I've seen they're all there with their own values projecting about how the world's supposed to be to be peaceful. And this creates chaos and conflict many times. You see these in-group out-group biases because of it. But the reality is there's a magnificence in each individual, and there's an objective view of them. And when you can appreciate them and learn the art of communicating what you really value in terms of what they really value, and getting to know what they're committed to, 'cause they're committed to fulfilling what they value, their identity revolves around it. That's what their mission feels like. And if you can communicate and help them fulfil what they love with sustainable fair exchange and communication from the heart, massive transformation occurs. The distress levels go down. We're no longer victims of history, and we become masters of destiny, learning how to help other people get what they want to get in life, helping us get what we want to get in life.

- Dorianne: So, gosh, that's absolutely fascinating. And there are a few words that have come into my head, come to mind as I've been listening to you. First of all, of course what you're talking about is the inevitable creation of a self-fulfilling prophecy. If you behave in a way that is a one, unipolar, monopolar is the way that you said, with these kind of unrealistic expectations and feeling frustrated and hurt and unfairly treated or misunderstood because your perceptions that come from the inside of you, and expectations aren't being fulfilled. You are likely to create what you didn't want, which is obviously that self-fulfilling prophecy. Then in terms of getting to this objective acceptance, and the acting authentically in terms of your value. What was coming to mind when I was listening to you, is self-acceptance, just almost in a way, just accepting who you are, your authenticity, self-compassion. You're not being driven by good and bad and right and wrong and should and shouldn't and must and mustn't and can and cannot. And expectations of others and expectations aside. So for that, you need awareness and insight. And that's what I want to ask you. Well, the first step seems to me, if we are going on the journey, who am I? What does drive me? How do I then act in accordance to what I've found out? And then how am I able to really communicate that to other people? And also how do I know them in order to get all of this right and become master of your destiny?

- Dr. Demartini: I'll try to do, all three or four of those questions.

- Dorianne: Okay.



- Dr. Demartini: My observation, I love our dialogues by the way. My observation, I've been studying human value systems for about 45 years, and I found that every human being, moment by moment, lives by a set of priorities, a set of values, things that are most to least important in their life. And this hierarchy of values or set of priorities they live by is fingerprint specific. It's unique to them, and it's evolving. What you have as a child is different in teens and different as adults sometimes, and even throughout adulthood it changes. And you're not right or wrong for it. The world needs a full spectrum of all the value systems to make it work. You need some people totally dedicated to children, others dedicated to business, some to finance, some to politics, everybody's needed. And when we finally realise that the world's not supposed to be egocentric, but cultural centric, universal centric, you might say, we liberate ourselves from a lot of frustration, but whatever that hierarchy of values is, whatever's highest on that value, very highest of the values, we are spontaneously and intrinsically called into action to do it. Mine's teaching, I love teaching, I do it every day. Nobody's ever had to extrinsically motivate me for 50 years to do that. So finding that one thing out, because that's what Aristotle called the telos. And the telos is the end in mind. And the teleology is a study of meaning and purpose. And it's the most meaningful and purposeful and inspiring and fulfilling, it's spontaneous calling in an individual's life. It's their mission, and their identity revolves around it. If you ask me who am I, I would say a teacher. If you ask a woman whose highest value is raising a family, she'd say, I'm a great mother. You'd see a politician, a politician, a sports person, a sports person. Your ontological identity revolves around what you value most. Your teleological purpose revolves around what you. And the area where you excel, your epistemological pathway of great knowledge is around that highest value. Now, you run into somebody else with a different set of values. They're committed to the fulfilment of what they value most, their identity revolves around it. If you can master the art of seeing how what they're dedicated to is helping you fulfil what you're dedicated to, if you see and respect what they have and what they're doing is serving you by asking how specific it is what they're dedicated to, how is it helping me fulfil what I'm dedicated to. And answer that question. And then same thing back, how is what I'm dedicated to helping fulfil them? The more the links in the brain, the association between those two questions, the more you have deep respect and love for that individual, for who they are, because you're getting what you want, helping them, and they're helping you. When you do, you have sustainable, fair exchange and equitable exchange. You tend to have equanimity within yourself, and equity between them and you. And then you end up having a yearning to want to help make a difference in their life and do what you love doing by helping them do what they love doing. That transforms our life. And when we do, we have more reflective awareness. And I really believe that what we see in others is a reflection of what we're

projecting. You know, it's been shown that, I think it was in a New Testament piece that was about, you know, what we see in others is us. We point a finger, but they're straight back. So I learned a reflective exercise. When I see somebody that I admire or despise that I have a misinterpretation of, and I'm unconscious of the upsides, but unconscious of the downside because of my ignorance, or I'm conscious of the downside, I'm unconscious of the upside because of my ignorance. It's wise to get past my ignorance by asking reflective awareness questions. What specific trait or action or inaction do I perceive that individual displaying or demonstrating that I admire most or despise most? And then ask, now go inside myself with introspection and ask, go to a moment me, self-reflect, go to a moment. Where and when do I display and demonstrate that behaviour? Now I've gone through the Oxford dictionary and found 4,628 individual traits within myself. I've found out I was nice, I was mean, I was kind, I was cruel, I was honest, I was dishonest, I was generous, I was stingy. I was more, you know, caring or uncaring, and I was, you know, considerate and inconsiderate. I had all 4,628 traits when I looked honestly at myself, and I found I had it to the degree that I saw in the people that were most extreme in my life. And when I reflected on that, I realised, who am I to be judging them? And I come down off the pride game, and I get back into authenticity, or I come out of the shame game, and get back into authenticity. And I have now a more reflective awareness, and I don't stop looking until I can see that what I see in them was me. And once I own that, I discovered that they were my teacher, they were revealing to me a part that I was too proud or too humble to admit that I had. And they were giving me an opportunity to reflect more deeply and look deeper into myself and get past the facades and discover that I'm only reacting things about myself that I'm disowning. And when I own that, I'm more enriched and more fulfilled, and they help me do that. Then I go to a moment where and when they displayed this, and I look at that moment, and if I admired it, I look for the downsides. And if I despised it, I look for the upsides. And I hold myself accountable to see both sides, and get past my subjective bias that's stored in our amygdala, and get into seeing who that individual truly is, because somebody loves that individual. So if they're lovable, I could love them. And if I go and balance out my exception, I discovered that they are my teacher, and they're also my reflection, and they're also somebody magnificent that have contributed to my life and other people's lives. And now I can learn to appreciate and respect that. When I do, a lot of my distresses in life change. 'Cause a lot of the unrealistic expectations are between ourselves and other people. When we level the playing field and have equanimity, our heart opens, and we end up taking away the judgement and taking in the fulfilment of the heart. And we feel love for this individual and ourselves, and that is fulfilling. And we're no longer victim of history, we're start to become master of our destiny because that's where our clearest consciousness, the least amount of noise and the most amount of simplicity of the mind and authenticity of the heart guide us to the

highest priority actions that make the biggest difference in the world.

– Dorianne: Sure, so John, you've translated all of this. You spoke about particular neurons, motor neurons, and neurons that are responsible for perception and so on. You have translated this knowledge into action through the courses that you run, most notably the one that I know a little bit about. And I've witnessed you in action with this method just a little bit, not enough, but a little bit, called the Breakthrough Experience. Where you made a, I've heard people's testimony talking about their journey through this experience, what they learned, and the difference that it made. Can you tell us a little bit about your methodology in putting this into practise through that, and perhaps other programmes that you subsequently do? And I know you've got incredible stories 'cause I've heard some of them, about people who felt stuck and disillusioned and isolated, and how through going through these things, they felt more liberated and masterful.

– Dr. Demartini: Well, the Breakthrough Experience is my attempt to do with others what the gentleman who inspired me when I was 17 years old did for me. To catalyse the magnificence and extraordinary power that people have within that they sometimes aren't honouring and revealing to themselves. And there's a whole bunch of things in there. It's hard to describe in a matter of seconds, but we definitely assist people in identifying what's really, truly intrinsically meaningful to them. What their life demonstrates is important to them. So many people are subordinating to outer authorities and outer reflective, you know, they're taking in people they've put on pedestals, and they've tried to be somebody they're not instead of being themselves. In helping them, I access what's really meaningful to them, that's deeply true to them, is one of the things we do there. So they can set real objectives with real goals in real time, with real strategies to maximise their achievement level. We also take it and show people how to dissolve.

– Dorianne: Now, I just want to interrupt you for a minute, I want to interrupt you for a minute, I am interrupting 'cause I want to know how, how do you help them access what is meaningful and important to them in that experience?

– Dr. Demartini: Well, their life demonstrates their values. If you look at how people fill their space, and look at what we have what is called intimate space, personal space, social space and public space. It's a proxemic study. And if you look at our intimate space, which is a foot and half of this personal space, which is about four feet around us, and look at what are the most common items we keep in there that we interact with and use on a regular basis. It reveals what we value, because something is really important. Like my case, my computer is in front of me almost every day all day long. So it's

valuable to me. It may be books, it may be children, it may be whatever we're doing that's valuable to us. We keep it in our space. Anything that's not important, we distally push away. But anything that's very valuable, we bring proximal to us. That's why we call it proxemics. So we look at the space, then we look at the time, we find time, make time, spend time on things that are really valuable to us. But we run out of time for things that don't. So if we look at what's common to what we fill our space with, and what we spend our time mostly on is already a pattern developing. Then we look at what energises us. 'Cause when we're doing something that's really high in our values, our energy levels go up, our mitochondria fire off, and we end up with more energy. But if we're doing something that's low in our values, our energy goes down. And the reason is to let us know with a feedback system that when we're doing something that's not meaningful and inspiring, we're automatically draining our energy to get us back into a different direction. To get back to authenticity. Then if we look at how we spend our money, the hierarchy of our values dictates our financial destiny. And we spend our money according to what we value. We don't value it, we don't want to spend our money on it, if we value it, we'll find money for it, we'll spend money on it. So if you look at what our values are, we can look at where our money's going. And it's interesting, people say, well I want to become financially independent, but then they keep buying immediate gratifying goods that go down in value and depreciate. They wonder why they can't get ahead. So their values dictate their financial destiny. But if you look at how they fill their space, the time, when they get energy and what they spend their money on, those are already giving you some indication of what their body and life is demonstrating. 'Cause if you just ask somebody about their values, they'll say, well, you know, peace and and honesty and they'll give you social idealisms, but I'm interested in what their life demonstrates, not the idealisms. Then I look at where they're most organised. 'Cause whatever's high in your value, you bring order to, and whatever's low in your value, you have chaos and disorder. You don't get around to doing, not important to you. I know people that have a messy house, but an incredible and powerful business. But they don't want to do that, it's not important to them. And so other people that have a value on it want to clean house to go crazy about it, 'cause they have a higher value on it. So they clean up the house and make it all organised. So where you have the most order tells you what you value. And the next one is where you're most spontaneously disciplined. Nobody has to remind me to get up and do my research and teaching, I love doing that. I do it all day long. This is my fifth presentation already today. I do it every day. So I'm constantly doing that because I love that. And most people who have a different set of values will think, well, that's crazy. Don't you ever want to take a break and chill out, man? I go, chill out from what? Why do I want to chill out from doing what I love? You know, I was having dinner with Tom Jones, the singer, one time, and he says, I love singing. Why would I want to take a break from singing? That's what I love doing. So you look at where you're disciplined, where

you're reliable, I'm totally reliable to be speaking and researching. You don't have to worry about that. You'll catch me doing that. Then you look at what are you thinking about, about how you would love your life to be, that shows evidence of coming true. And if there's no evidence, it's fantasy. You know, I had desire to be an international sex symbol at one time, but there's zero evidence of that coming true. So that's fantasy. I'm joking about that. But being a teacher, being a teacher.

- Dorianne: Why are you joking about it, John?

- Dr. Demartini: Because there's no evidence.

- Dorianne: Oh, okay.

- Dr. Demartini: But the thing is, if you look at what you actually think about, about how you really would love your life to be, then it really means something to you that shows evidence. I really love travelling the world teaching. I full-time travel teaching, my life has evidence of that. Einstein said that exemplification is the key to teaching. You know, and that's where it's at. And then you look at the next one, what do you visualise about how you would love your life to be, that shows evidence of coming true. What do you visualise and what are you inspired in your vision? When you're in your executive centre, there's firing nerves that go into the V5 V6 areas of the occipital cortex, the visual centre, and you see your vision. As it says in biblical terms, those with the vision flourish, those without a vision perish. You see the vision, you see lucidly how you want to create your life. So what is that vision that's coming true that shows evidence, that tells you what you value. And really, it's so vivid in your mind. Then what is it you internally dialogue with yourself about. When you have a clear vision, you can articulate fluently the language of what you see and you can communicate that to other people, inspire people by that clarity of vision. And that's a sign of what you're saying to yourself about how you want your life that shows evidence of coming true. If there's no evidence, it's not it. If there's evidence that means you're committed to it, and it's making it happen. You find ways of getting there. And the next one is, what do you converse with other people about? If you start a conversation, whatever's important to people, they'll talk about it. They'll keep bringing the conversation back to it. You can count on me to talk about anything to do with maximising human awareness and potential in the world. I will bring conversations from gardening to that, baseball to that, it doesn't matter, it'll go there, but somebody else will focus on what their inspiration is about. So I look at what you want to converse with other people about and get engaged with. And if you get into a conversation, you go all night with it, and your enthusiasm comes out. And then the next one is, what is it that brings tears of inspiration to you? Because what's interesting is if you perceive more support than challenge, then the parasympathetic nerve comes on, or if

you perceive more challenge than support, you get the sympathetic nervous system coming on, you go towards the three or 13 cycles per second brain function. But if you see both of them simultaneously, and you're doing what you love and you're objective, you get about an eight cycle per second. When you do, you get a alpha gamma burst, and you get a synchronicity in the brain. And when you do, you get inspiration, and you get a aha, eureka moment, aha. And then tears come out of your eyes. And it's a sign of authenticity. It's a sign of non-judgmentalness. It's a sign of seeing the lucid vision clearly. And so what inspires you? That's the key. And we all have moments of it. And what's common to the people inspire, what's common to the knowledge that's inspiring to you? I went through all the pieces of music in my life that ever brought me tears. And I looked at the lyrics, and it was basically a summary of my mission in life. It was unbelievable looking at that. And the next one is, what is it that are the top three most consistent persistent goals that you've been pursuing, that you show evidence of manifesting? And the last one is what are you constantly spontaneously want to study, read about, learn about, watch on YouTube? If you look at those 13 answers to those questions, the top three answers to those 13 questions, you'll see a pattern. And that pattern will kind of smack you in the face with obvious what's really important to you. And it'll reveal to you a prioritisation. And once you get that prioritisation, it's now time to be accountable, to start prioritising your life, and filling your day with the highest priority actions to fulfil the most deeply meaningful things in your life. And doing it in a way that serves the ever greater numbers of people. Our fulfilment in life won't come from a narcissistic pursuit of only our own values. It'll come from a combination of the altruistic and narcissistic, where we're doing what we love, where we can't wait to tap dance to work in a way that serves vast numbers of people, great numbers of people. The greater the number of services, the greater the fulfilment we have in our life. So fulfilment comes from a perfect blend of equanimity and equity between ourselves and other people. Something we love doing, and something they love receiving. If we do that, there's no victim of history, there's an inspiration, and there's a path of mastery. So that's just how to determine the values. And it's wise to prioritise our perceptions and actions daily to fulfil that.

– Dorianne: So I mean, those are 13 steps to understanding your real values and priorities. Then you need the courage. And not the courage, I mean, it's sort of automatic in the way you're talking about it. It comes naturally. That's what you do because that's of value to you. So it doesn't mean you have to be brave to do it or courageous, it just flows. That's the very first.

– Dr. Demartini: Well, the word, the word courageous comes from me. If you look up the courageous etymology, it means heart. When you're in your heart, authentic, inspired, you spontaneously act. And you do it in such a way that you fulfil other people's lives. And so they rally

around you. It's my experience is when people are really walking a path of authenticity and inspired by what they do, they magnetise people, places, things, ideas, and events into their life that resonate with it. And they draw people, because every human being wants to do that. And so when they see people that are willing to do that, it gives them permission to do the same. And they're drawn to you, and they want to help you fulfil what it is that's inspiring to you. And by you helping them and them helping you, a chain reaction, a nuclear chain reaction starts, you know, taking off. And all of a sudden we are at the right place at the right time to meet the right people, to do the right things as they say.

- Dorianne: So very much, I think that the most important and the initial step, certainly the first step, and the one that requires quite a lot of awareness, introspection, and joy in connecting with the truth of it, is the aware, the value. What inspires me, what is my. The rest of the programme after that, when you've got that and you talk about really precipitating that kind of breakthrough, I know that these courses are run over days, and I'm asking you just to describe them in minutes now, but once you've got that, and you know that you want to act on that, what else happens to get that kind of feeling of pure, okay, this is it. I know what I am, I am who I am. I can act who I am, I attract people by who I am. I bring joy to the world by who I am, and to myself. So that's obviously the first part. What happens after that?

- Dr. Demartini: Well, most people have come across directly or indirectly, a little principle. We could call it the Parkinson's law, but what it basically says is that if you don't fill your day with the highest priority actions that truly inspire you, so we have meaning in life. Your day is designed to fill up with low priority distractions. Meaningless distractions, that won't. And most people know that if they really have an agenda and they stick to the priorities, and they knock it out of the ballpark in the day, they feel on top of the world, and they're way more resilient, adaptable, they're way more appreciative and loving. Their executive centre comes online, and when they come home they can handle things. But if they did lower priority things, and put out fires all day, and felt that their amygdala was basically on instead of their executive function, they are more frustrated, more irritable, more unrealistic, more subjectively biased, and they shrink their space and time horizons and they become more immediate gratifying and they end up having more conflict when they come home. So prioritisation of your actions on a daily basis is a very important mechanism, 'cause nobody's going to get up in the morning and dedicate their life to your fulfilment. Everybody's going to project their values onto you according to what they have as their values. And if you don't know how to take what they have and turn it into an opportunity for you, and you don't know how to communicate what you're inspired by in a way that helps them, you're going to have conflicts constantly. But if you prioritise your life and do it, and

make it a mission to be of service to people, because if you look carefully, if I've asked millions of people around the world, go to the moment you've had the most fulfilment in life, the most fulfilment in life. And they'll usually say, besides maybe seeing a baby, birth of a baby. They'll say the moments I did something that was extremely inspiring and meaningful, that made a difference in somebody else's life, and that person looked at me with thankfulness. It's a perfect blend of giving and taking in an equitable state, which is sustainable. We are not trying to get something for nothing or give something for nothing. You're just exchanging something for something, that's a non-zero sum game state that is basically a pure doing what you love in a way that serves people where they're grateful for that experience. I really believe that gratitude is the key that opens up the gateway of the heart. And inside the heart is love, and love window washes the mind, brings inspiration to the mind and enthusiasm to the body and certainty to our actions, and present when we're working. And those are very powerful states to transform our business, our relationships, our health. I mean, I could go for days on that, on the impact that has, but I believe that prioritising your life is crucial if you want to do it. Because in our highest value we pursue challenges that inspire us. Leaders are pursuant of challenges that inspire them. Most people are trying to avoid their challenges that inspire them, and keep running into ones that they don't want, and having distress instead of pursuing the ones that inspire them, that give them eustress and vitality.

- Dorianne: John, I'm sure that we've got questions. You've just said so much, and I know that Wendy's with us, is going to just refer to some of those questions. I just want to say that how much I appreciate the permission for balance that you've offered. Not only the permission, I think, the encouragement of it. We have that continuum or want on the one side and should on the other. And often people just go too much by all of the things that are expectations, that they even out of touch with what they want. They don't even know how to listen to their own drumbeat anymore. And sometimes they don't feel entitled enough to do so. And you saying that the combination of both brings the biggest fulfilment not only to themselves, but absolutely to other people. It's not selfish to listen to what you want. It's selfish, maybe when you do it at the expense of other people and vice versa. It's both and, not either or. And I really appreciated you highlighting that tremendously. So thank you. I know we could go on and on and on, but Wend, I think that you are with us.

- Wendy: Yes, of course.

- Dorianne: Whoa, there's a lot there, isn't there, for you to think about.

- Wendy: So much. Thank you for that really, really fascinating presentation. You know, I agree with you, love begets love.



Absolutely, you know, as you get, sorry.

– Dr. Demartini: I said you summarised everything I said in three words, and it shows how ignorant I am.

– Wendy: Love begets love, and you know, Dor, I think the word that you were looking for was fuel. You know, I think, you know, the energy, the positivity fuels the next action, you know, and it's almost like a pack of cards with enthusiasm. I think on the positive and on the negative.

– Dorianne: Absolutely.

– Wendy: You know, so there's so much.

– Dorianne: Did we call for questions Wend, do we have questions?

– Wendy: Yes, yes. There's already so much content there. And I'm going to just, I'm going to briefly run through these questions. We've just got a couple more minutes left, and then what's ever left, John, I would like you to tell us a little bit more about your institute and, you know, other topics that you cover, and it's really been such a, and I'm privileged to have you with us. And Dori, I want to thank you for that.

## Q & A and Comments

We have a question–

Q: In your methodology, how do you negotiate with an entity whose mandate is your entire, is a total annihilation? I take it that it's a very destructive person, the entity.

– Dr. Demartini: Okay, I'm going to interpret what I've been asked, and can I share a story to answer it? It'll take a minute, but I think it's a worthy story.

– Wendy: Absolutely.

– Dorianne: Please, the stories are wonderful.

– Wendy: Yes.

– Dr. Demartini: I had a lovely individual attend a programme that I was doing, who was very angry at a particular other individual who happened to also be at that programme. So they were in the same room, and if you walked in and you put a knife in the room, it would just sit in the air, 'cause it was kind of dense, if you can feel the energy. And so before I began my presentation, the individual said,

"Dr. Demartini, do you believe in absolute evil?" And I said, "No, I usually find that's an extreme subjective bias of interpretations about reality." But she said, "Well I do." And I said, "I understand." I said, "Do you mind if I asked you what you're perceiving the actions are that you're labelling that?" And she said, "Intolerance." And at that moment she couldn't see where she was being intolerant. She was blind to her reflection very much. It was quite cute. It was so obvious that it was chuckling. But I kept a straight face. I think I was an Al Pacino actor in that moment, 'cause I was trying to not chuckle. And I said, "So you believe that it's intolerance?" Absolutely intolerance. And I said, "Well, so I have intolerance." And I started to list all the places in my life that I had intolerance. Intolerance in line, intolerance at food and restaurants when they give me exactly not something I want, intolerance with, you know, car cleaning or, I mean, I just started listing my hundreds of intolerances, almost anybody that challenges me I can get intolerant to. And I just start rattling off all of my intolerances. I said, "Do you have none of those that you can be aware of in your life? Because it's not wise for us to judge somebody else if we're doing the same thing." And she said, "Well, when you put it in those contexts, I have a few of those." I said, "Well, I've found that as long as I am too proud to admit what I see in other people, I will typically look down on them and then project my values on them. And people don't want to be projected onto, and they become belligerent and resentful when you try to tell them how they should be. Do you think that has anything to do with behaviours that you're getting back from him or her that you're talking about?" "Well, maybe." And I said, so let's look at where your intolerances are. And I held her accountable where her intolerances were, and we had 39 examples of intolerances until she got tears in her eyes and she goes, wow, I made her there for about an hour going through all the moments of intolerance until she stopped, and she goes, "Wow, I'm judging him, but I've done the exact same thing." And I said, exactly. I said, "Now let's go to a moment where and when you perceive this gentleman being intolerant, go to an exact moment, not a hearsay, not what somebody's told you, but an actual perception." And she goes, "Okay, I'm there." Close your eyes and go there. Now in that moment, how does that benefit you in your life? His intolerance, does it give you feedback about how you're communicating with him, is it giving you feedback about how righteous you are, and your pride before the fall? And is he needing to give you a humbling process? How is it helping you? Is it making you learn how to communicate more effectively? And we slowly but surely started getting in. It's like pulling some teeth. She gradually started getting a few insights about how that served her. And then I asked her a simple question, "Aren't you a book author?" And she said, "I am." I said, "And isn't your topic of your book related to the very topic of the gentleman's actions?" She goes, "Yes it is." You didn't actually write the book as a result of the pursuit of that knowledge from that because of his catalyst of his behaviour, did you? She paused and she said, "I guess I did." Did you give him a part of the royalties for

the book sales? And she said, no. I said, "And aren't you kind of known and kind of famous in your field because of that?" "Yes." "But would you have written that book if you hadn't had gone through those experiences that this gentleman had done?" "Probably not." "Are you sure that there's not a hidden order in what's going on in your life and maybe the things that you think are so terrible and intolerant is what gave you your mission in life. And sometimes the void drove your values, and you're now fulfilling something and making a huge difference in the world because of one man's simple actions. Have you ever considered that maybe he's part of a bigger team in your life, and maybe it's wise to think thankful to him. 'Cause if it hadn't of happened, what would you do? Where would you be if you'd not met him, and not had that experience?" She says, "I would probably not. Yes, I wouldn't be where I am today." And then she stopped and she said, "My whole career came out of that man." She stopped for a second and got really quiet, and then started reaching for Kleenex out of her purse. And she goes, "I never ever would've seen that connection if I hadn't been asked these questions." I said, "Well, the quality of our life's based on the quality of the questions we're asked, 'cause the questions that really help us are the ones that make us conscious of the unconscious materials that we're overlooking, we're ignoring." She looked at that gentleman all of a sudden who was in the room, who was listening to this entire time, and inwardly sensing I think this is me that they're talking about. And she looked over at him and nodded her head, and acknowledged him. And then I said, "Do you still believe that's absolute evil, or do you think that that was only your interpretation 'cause you chose not to see and dig past your absolute view?" She says, "No, I was blind." She says, "Do you think that has any other reflections or any other areas of your life possibly? Well, you think you may be doing that to other people or other things?" She said, "I'm almost certain I do." I said, well, maybe this is a great opportunity for all of us to probe deeper and have more reflective awareness and balance out our perceptions. She says, I'd like to go to the restroom to clean off my makeup now, 'cause it's draining all her face. And when she did, the man walked up to me, and he says, "You know, Dr. Demartini, I could have sworn that the lady was talking about me." And I said, "She was." He said, "When I walked in the room, I didn't have a lot of nice things to think about that woman, but right now I realise that she's just another human being with a heart too. And I had a label on her as she had a label on me. This was so insightful, thank you for that." I gave him a hug, I said, "Thank you for being here. You changed her life, and you didn't even realise it. You're making a difference in ways you had not seen before. Let's be humble and be grateful for the opportunity to make a difference in the world. And we do it through other people. And sometimes the people we think are our enemies are really parts of ourselves we're here to learn to love."

- Dorianne: An incredible experience.

- Wendy: Absolutely, well, you know, thank you very much. I hope that answers the person who sent that in. I have to thank you both for me value addressing thinking in shades of grey. So I just want to report that.

- Wendy: This is Judy, but Judy says, if you're cleaning houses, it's probably 'cause you can't get a different job. Not because you place a high value on it. So actually I'd like to answer that, because I have someone who's very, very close to me. And when she comes to stay with me in LA, and I mean, she loves to clean the house, and she loves to do the laundry, and to do the ironing. And I am so happy to have her, and I'm thrilled to have her do that. And it's not because she can't get another job, it's just because that's what she loves to do. So I'll hand that back to you, Dr. Demartini. What do you think?

- Dr. Demartini: Well, I'm going to answer by sharing a story about a gentleman that I met in Los Angeles. I was asked to do a reality TV show, and they gave me 24 hours to spend two hours with 12 individuals to transform their lives. They had two hours to change their life. And there was a gentleman there who believed he had no memory, and he had been diagnosed and labelled and everything else. He had a memory process, a problem processing information, and said he had no memory. And he was a janitor, and he was told he would probably not go very far in life. And the first question I asked him, how long do you remember having no memory? He said, as long as I can remember. And I said, what you have in all probability is a selective memory. So let's go down the rabbit hole and see what we find. Now, I asked him, what is it that you remember that you never have to forget? And he goes, well, I don't remember things. And I said, look again. And finally he looked and he goes, you know what? I remember people's names and I remember all of my family, and all the things they do. And I said, is it possible that you have an incredible memory in the area of family, but you've never been measured in that area? You've been measured everywhere else but the area that you actually have knowledge in. And you've been labelled because of that. 'Cause if you know all their names, you know all the things they've done, and all the things they've talked about, and you have a great memory in that area, but you haven't been honouring the area. Anytime we expect to excel in an area that's not highest on our values, we're going to beat ourselves up and think there's something wrong with us. And then if we buy into somebody else's label about us, when they project their values onto us, we can get trapped even deeper. So in a matter of about an hour of the two hours I had with him, he was in tears of gratitude, realising that he had a skill and a talent dealing with other people's names. And then I showed him how to link other areas of his life to that. 'Cause anytime you want to remember something, if you link whatever it is you're wanting to remember to what is truly valuable, where you're excelling in memory, you expand that capacity to do that. I can take children that are having uninspiring classes, find out what they're inspired by, which they have amazing memories on, and link the class

to that memory and that topic, and they just excel all of a sudden in that class, 'cause children love to learn. They just want to learn what's important to them. So if I can link what they want to learn to what they value, boom, they take off. Well, he valued family and valued names of families and what their life was about. And I started linking things in other areas of his life to that. And when he got through at the end of the two hours, he was absolutely certain he had capacity to go out and do something more extraordinary with his life. Nothing was missing. Now we sometimes don't know what we value. We sometimes don't honour where our genius is, and where our real potentials are. And then what we do is we compare ourselves to other people and then think, well, we don't have what they have. And then we accept less than what we're capable of embracing in life, and what we're capable of doing that serves. And then we label ourselves, and then we get other people to label it, so we're trapped. But the truth is, there's a magnificence in every human being, and it's an expression of what their real true values are, their authentic self. And if they give themselves permission to take whatever job they have and ask, how is it helping me do that? They can become engaged, and then they get opportunities and promotions, and they appreciate and they're fulfilled doing it until they can structure their life independently, maybe as an entrepreneur, going after what they would love to do directly. So either go and do what you love through delegating or love what you do through linking, as I call it, linking is making a connection in your brain, the associations in the brain between what you're doing and whatever it is you are inspired by. You can turn any job. I've trained thousands of people on how to take whatever job they have and turn into something that is grateful for, I call it bringing orgasms to their work. Excuse the expression. But I really believe that people deserve to be inspired by what they do. And that if they do, they have more opportunities to get promoted, and they get more confidence in themselves, and they're more likely to be an entrepreneur, which then gives more job opportunities, and they can do it. So if they love taking care of a house, they love cleaning, then give themselves permission to do that. You know, you want to honour who you are. It was Rose Kennedy from the Kennedy family who wrote a mission statement, which I actually was given a gift of the book that had her mission statement written in it, it said, I dedicate my life to raising a family of world leaders. She was dedicated to raising children, and she changed the world with that. Whatever the job is, it's not too much or too little to transform the world. I got trained by a ditch digger one time. My dad, who was owning a plumbing business, asked me to go and spend the day with a ditch digger. So I went in this truck with this ditch digger named Jesse. I spent the day with him and he said, he says, I have the greatest job on the planet. I put in water, I dig ditches, and I put in water mains and I bring water to people. And without water they die. I have the most important job on the planet. He had an eighth grade education, he had eight children. He hardly made much money, but he had the most important, meaningful job in the world in his perspective. And he loved what he

did. And it was inspiring to spend the day with a ditch digger. I learned so much about the mastery of life from a ditch digger. So never underestimate the power of an individual, whether it be somebody taking care of cleaning, or whether it be ditch digging, or whether they're running a major corporation or our government. There's something we can learn from every human being and they're a reflection of us.

- Wendy: Thank you very much, thank you. So I think that Judy, that question that you asked, are you just cleaning the house because you need the money is the subtext, and you just haven't got another job. It's something that's on hold. John, what you saying is that there's an ability to link a purpose to whatever you're doing. Is that right, that's what you.

- Dr. Demartini: Yeah, if you are temporarily, you know, I've had many jobs in my life. I lived on the streets as a kid and I did little odd jobs. I, you know, mowed yards, I cleaned out toilets. You know, I bulldozed. I mean, I've had a hundred little jobs when I was a teenager and every single one of those jobs made me who I am today. And so whatever you're doing, ask, how specifically is me doing this temporarily helping me fulfil my long-term mission on this planet? And when you do, you'll have meaning and purpose in it, and you will be more likely to get more opportunities and step up. My mom said to me when I was four years old, putting me to sleep, and I was born on Thanksgiving day in America, she said, if you count your blessings, you'll have more blessings to count. Don't go to bed without being thankful for what you got, 'cause you get more to be grateful for. Even that job. It may be transient and temporary, but you find out how it serves the long-term mission 'cause it's giving you some talent, some connection, some networking, some opportunity, some skill that you're going to use on your journey. There's nothing to regret in your life.

- Wendy: It's an extremely important, it's an extremely important question. You know, how is this serving in our overall life's mission? And you find the way. Thank you very much.

- Dr. Demartini: Exactly.

- Wendy: Well, thank, well, I just want to say thank you so much to both of you, John. So much food for thought. You've left us with a really a lot to think about, and you've given, you know, people, tools with which to use as a yardstick or as a springboard in order to affect change. And, you know, being a psychologist myself, you know, you've certainly brought a different angle. And Dor, thank you very, very much for introducing us to Dr. Demartini. And, you know, welcome to our family, and I hope that we'll be able to bring you back to continue this very, very interesting conversation.

- Dr. Demartini: Thank you, thank you for the opportunity.

- Wendy: Absolutely.

- Dr. Demartini: Thank you.

- Wendy: Victim or master. It's a choice. It's a choice about how you perceive yourself, how you perceive the world. It's about gratitude, it's about loving, it's about sharing, it's about putting out. I mean, it's about so many different, you know, you certainly have given us the tools to think about how we choose to live our lives. So I want to thank you both very, very much, and I look forward to having you both back with us in the near future, thank you. And John, where do we find you, where can people access you?

- Dr. Demartini: I'm the kind of guy-

- Dorianne: In the middle of an ocean, on a ship.

- Dr. Demartini: -who moves around. Yeah, I live on a ship, but I, you know, I always say the universe is my playground. The world is my home, every country's a room in the house, and every city is a platform. I get to share my heart and soul.

- Wendy: Thanks for that.

- Dr. Demartini: But if they just go on the website, drdemartini.com, they will probably access information that will be useful to them, hopefully for the rest of their lives. So just go on there and just browse, and see where it takes you. Your heart will be your guide.

- Wendy: That sounds great.

- Dr. Demartini: There's plenty there. And some people say there's too much there. There's too much there.

- Wendy: Oh, that's great. You know, and people say to me, so where do you live? Where do regard as home? And always say in my shoes, I'm happy to go wherever, as long as the shoe fits. So thank you very, very much to both of you. Thanks you, Judy, and thank you everyone.

- Dr. Demartini: Thanks very much. Thank you for the opportunity.

- Wendy: Thank you, Dorianne.

- Dorianne: Love to see everyone. Dr. Demartini, as always, a very, very great pleasure and privilege, thank you.

- Wendy: Thank you for the dialogue again, I love it.

- Dr. Demartini: Thanks.
- Wendy: Thank you very, very much. Thank you to both of you, thank you.
- Dorianne: Good night.
- Wendy: Good night.