



Dr. John F.
Demartini

The
Breakthrough
Experience



A Revolutionary

New Approach

to Personal

Transformation

Copyright © 2002 by John F. Demartini

Published and distributed in the United States by: Hay House, Inc.: www.hayhouse.com •
Published and distributed in Australia by: Hay House Australia Pty. Ltd.: www.hayhouse.com.
au • *Published and distributed in the United Kingdom by:* Hay House UK, Ltd.: www.hayhouse.
co.uk • *Published and distributed in the Republic of South Africa by:* Hay House SA (Pty), Ltd.:
www.hayhouse.co.za • *Distributed in Canada by:* Raincoast: www.raincoast.com • *Published in
India by:* Hay House Publishers India: www.hayhouse.co.in

Editorial Supervision: Jill Kramer • Design: Jenny Richards

All rights reserved. No part of this book may be reproduced by any mechanical, photo-
graphic, or electronic process, or in the form of a phonographic recording; nor may it be stored
in a retrieval system, transmitted, or otherwise be copied for public or private use—other than
for “fair use” as brief quotations embodied in articles and reviews—without prior written per-
mission of the publisher.

The author of this book does not dispense medical advice or prescribe the use of any tech-
nique as a form of treatment for physical or medical problems without the advice of a physician,
either directly or indirectly. The intent of the author is only to offer information of a general
nature to help you in your quest for emotional and spiritual well-being. In the event you use any
of the information in this book for yourself, which is your constitutional right, the author and
the publisher assume no responsibility for your actions.

Library of Congress Cataloging-in-Publication Data

Demartini, John F.

The breakthrough experience : a revolutionary new approach to personal transformation
/ John F. Demartini.

p. cm.

ISBN 1-56170-885-2 (pbk.)

1. Spiritual life. I. Title.

BL624 .D3885 2002

158.1—dc21

2001051860

ISBN 13: 978-1-56170-885-7

ISBN 10: 1-56170-885-2

12 11 10 09 18 17 16 15

1st printing, May 2002

15th printing, January 2009

Printed in the United States of America

Contents

<i>Foreword by Blanca Diez, M.D., P.A.</i>	xi
<i>We Do Not Walk Alone</i>	xiii
<i>Introduction</i>	xv
Chapter 1: The Essence of Life.....	1
Chapter 2: Lighten Up.....	23
Chapter 3: Living Dreams.....	47
Chapter 4: Both Sides Now.....	65
Chapter 5: Who’s Minding the Store?	83
Chapter 6: Relationship.....	99
Chapter 7: Divinity	119
Chapter 8: Genius	139
Chapter 9: The Quantum Collapse Process	161
Chapter 10: Conception: Believing Is Seeing.....	185
Chapter 11: Materialization: The Blueprint of Creation....	207
Chapter 12: Completion: Full Circle.....	237
<i>About the Author</i>	269





Foreword

During the past 20 years of practicing psychiatry, I have studied with the finest teachers. Not only at Baylor College of Medicine in Texas, where I did my training, but all over the world, as I have traveled extensively to continue my studies. I have wanted to improve my ability to deal with the profound suffering of my patients. Over the years, I have found psychiatric programs that have gained great recognition across the country. I search, feeling like an archeologist looking for and connecting pieces of wisdom and understanding. I also had the desire not to be a “shrink,” but on the contrary, I wanted to help my patients to “expand” conscious awareness. Through reading, I have gathered ideas and glimpsed great dimensions of consciousness. This search allowed me to have great opportunities to work with gifted “mind astronauts.” The scientist in me wanted to go to space and experience the symmetry and order of the universe. How can I bring these concepts to planet Earth?

According to Mohandas K. Gandhi, if your wishes are pure, then they become true. At a certain point in my journey, I encountered the teachings of Dr. John F. Demartini. Finally, I had the language I had been searching for and the practical tools to make an extraordinary difference in people’s lives. Dr. Demartini calls his method The Quantum Collapse Process. As a psychiatrist, I often refer to his method, combined with my medical expertise, as Quantum Collapse Therapy.

The Collapse Process allows individuals to be fully responsible for themselves and to experience their magnificence. It has been the greatest shift in paradigm that I have encountered. The Collapse Process is not about being better, improving, or changing; it is about true transformation. Each cell has a form. When the tissue is healthy, it is in perfect symmetry. The tissue is free of deformation or disease. Our thoughts, similar to these cells, get deformed with dysfunctional thoughts, feelings, or beliefs. The Collapse Process transforms thoughts, beliefs, and feelings that were once deformed or dysfunctional into thoughts that are in perfect symmetry and order. As we transform our thoughts, we transform our feelings and transform our life.

This book belongs to a new generation. It is a gift to the new millennium. The wisdom and inspiration and fresher vision are immeasurable. These teachings offer you a clearer and magnificent understanding of the powerful laws of the mind. Dr. Demartini provides Inspirational Guidance to manifest our Master Plan within the context of the purpose of our existence.

The uniqueness, originality, and genius of Dr. Demartini's ideas have already begun a revolutionary approach to psychiatric treatment. Over half of a century ago, the great Dr. Sigmund Freud talked about the unconscious and developed his techniques for understanding it. Now, Dr. Demartini's teaching allows individuals to experience and understand the wisdom not only of their unconscious minds, but also their consciousness and superconsciousness. Dr. Demartini's teachings have helped me with brilliant ideas and tools to help my patients become "Masters of their Destinies, not Victims of their Histories."

— Blanca Diez, M.D., P.A., Medical Director of the New Dimensions
Day Treatment Program, Houston, Texas • *e-mail*: bdiezmd@aol.com



We Do Not Walk Alone

One night, a man dreamt that he walked along a shore with the Divine Source of all things, and as they walked, scenes from his life flashed across the sky above them. Most of the time, he saw two sets of footprints in the sand for each scene, but many times along the path there was only one set of footprints, often at the very darkest and saddest times, and the man was greatly troubled.

He turned to the figure beside him and said, "I looked for you and tried to serve you all my days. I thought that you would care for me in return, yet now I see that during the most difficult times of my life, I was alone.

I don't understand why you would leave me when I needed you most."

The Divine Intelligence replied, "My precious child, you are always in my heart, and I would not desert you in your times of trial and difficulty. When you saw only one set of footprints in the sand, it was then that I carried you."

— Mary Stevenson



THE BREAKTHROUGH EXPERIENCE

It's a paradox, but those who seek God most are the ones who most deny God's presence. They go off on a quest to find divinity, and at the end, they look back and realize it was here all along. This book is the story of the quest for divine light, and it shows how science and religion have gone hand in hand down that path as they searched in their own ways for the same destination. It is about love, wisdom, and divine order, and how we have never been alone on this magnificent journey toward our destiny.





Introduction

This book has been written to help you break through whatever barriers may be keeping you from experiencing your true and enlightened nature. It presents a completely accessible science and philosophy, and reveals and explores universal principles that underlie your very existence. Most important, this is an extremely real and practical manual for understanding why you live the way you do and how to transform your life into your highest vision.

What you're about to read is the synthesis of my 29 years of research and 24 years of clinical experience as a chiropractor, healer, and professional teacher. It is based on my two-day seminar program, The Breakthrough Experience™. While it would be impossible to include everything that happens during this extraordinary and intense course, I've blended its universal principles with autobiography; stimulating words from many of the great minds in history; and a host of true stories about ordinary people having extraordinary, astonishing, life-moving experiences.

The science is cutting edge, the philosophy is inspiring and daring, and the intermingling stories are all real. The exercises at the end of each chapter are designed to provide you with a personal experience of the profound and hidden truths underlying your life, and the affirmations and quotations are intended to awaken your true potential.

In the pages that follow, you will learn a formula for materializing your dreams, discover the secrets of opening your heart beyond anything you have imagined, find out how to increase your love and

appreciation for every aspect of life, receive profound insights on how to create more fulfilling and caring relationships, reawaken your birthright as a true genius, transcend any fears and illusions surrounding the myth of death, and reconnect with your true mission and purpose for life on Earth.

You are about to embark on an experience that has never been put into this form before, and I promise that the time and effort devoted to it will be repaid a thousandfold. It is my sincere hope that this book will deeply touch and inspire you with respect to your own greatness and potential, and that it will reveal to you the magnificence of every single human soul. This is not just a book; it is what the title implies: an *experience*. I think you will find that it is impossible to go through it without being moved, challenged, and changed.

Thank you, and welcome to *The Breakthrough Experience*.

— **Dr. John F. Demartini**



Chapter One

The Essence of Life



“When a man, for whatever reason, has the opportunity to lead an extraordinary life, he has no right to keep it to himself.”

— Jacques-Yves Cousteau

I have a message I'd love to share that means so much to me. It is my mission and my service here on Earth. I want you to come on a journey with me—a journey using parts of my own life to illustrate the truth that every single one of us has greatness and immortal genius inside. No matter how we appear or what our circumstances are, everything that happens is directed toward waking us up to that gift and potential. We may have positive and negative opinions about the various people and events in our lives, but in truth, they all play a perfect role in unfolding our destiny and making us who we are.

The Breakthrough Experience began in 1989 when I was flying from Houston, Texas, to Quebec, Canada, to present a program to a group of health professionals. On the flight, I was meditating, and at about 30,000 feet, I had a vision. It came from my inner consciousness and revealed: “Breakthrough to Higher Power: The Vision, Inspiration, and Purpose Seminar.” I saw not only an outline for the seminar, but many other details—even the number of people who were to attend.

Thousands of people in dozens of countries have since passed



through the program on which you are about to embark, and their lives have been profoundly changed as a result of their insights and experiences. The vision of “The Breakthrough Experience,” as I later titled it, was truly an inspiration. When you follow your inspirations and intuition, you grow in self-worth and potential, as well as toward your true capabilities. It’s important to follow your vision, intuition, and inspiration so you can achieve what you’re here to accomplish in life. Those inklings are messages; they are links to the highest source of wisdom available to you.

Before you finish this book, it’s my goal to give you a glimpse and a feel for how magnificent you are. Due to the various beliefs and philosophies in the world, many people go through life thinking that they’re less than perfect. They believe they’re messed up or somehow dysfunctional, no matter how successful, famous, or beautiful they may be. There is even a psychological movement based on the myth of the dysfunctional family, but I have yet to find a family that wasn’t balanced and functioning perfectly enough to give its members exactly what they needed to fulfill their lives—once the entire family was understood and probed into deeply.

With the ideas and tools I’ll be presenting in this book, you’ll realize that you are magnificent, and everything that has ever happened to you was vital to your becoming the unique being you are. I don’t mean this in an optimistic, illusory, or Pollyannaish sense. In a deep and profound way, you will know how magnificent you are and how much you contribute to the world, just as you are now.

I travel extensively, and no matter where I go, and no matter which continent I step foot on, I’ve noticed a common theme among all people: Everyone wants to love and be loved, to appreciate and be appreciated, and everyone wants to live his or her dreams. There are certain laws that govern dreams, and if we follow those laws, we can fulfill our dreams. I’ve spent 29 years developing the science of love and appreciation, and now we can all apply it to make our dreams



come true. It doesn't have to be hit-and-miss anymore. It's no longer a matter of luck or blind faith. There is now a *true science* of creating love and appreciation on planet Earth.

Science and Religion

Pseudoscience and pseudoreligion struggle and argue, but true science and true religion say the same thing. As Albert Einstein once said, "Science without religion is lame; religion without science is blind." Although some might argue that the mind is made of an intellectual component, and the soul consists of a revelatory or inspirational component, I intend to merge them together to give you an experience that synthesizes both. My goal is for you to open your heart wider than you may have ever done before, to allow you to get clearer about your purpose in life, to help you become more inspired about this magnificent universe we get to work in, and to enable your human mind to awaken to its divine birthright.

We've been given an extraordinary gift. Of all the places in the universe that we've explored, we've never come across anything more magnificent than the human body, brain, and spirit. Nothing is more amazing than the inspirations that come through that spirit to the brain, the body, and out into this world.

I remember sitting on the floor in my parents' house when I was 18 and reading *Discourse on Metaphysics* by the Western philosopher Gottfried W. Leibniz. He believed that humans are wise to acknowledge the loving intelligence of the universe. Although we sometimes personify this great intelligence as a deity and say it's omnipotent, omniscient, and omnipresent, we often don't perceive it in our individual daily experiences. When things are going our way, we say that our life is all part of this perfection, but when something doesn't go our way, we think, *Well, here's a little flaw in the perfection.*



As I read the first chapter and became introduced to what Leibniz called “divine perfection,” I felt his depth of understanding and his certainty that there *was* a universal design, a hidden order, and an underlying magnificence to things. His words awoke tears of inspiration in me and I thought, *There has to be something significant here, and it’s just a lack of our understanding that keeps us from acknowledging this hidden, divine order.*



Have you ever read or listened to something and gotten tears in your eyes and felt inspired? Those tears are an infallible clue that something meaningful and important for you is being revealed. Don’t ignore these times—keep a log of those moments, those insights and tears, and you will find a story being told by your intuitive spirit, a story linked to your destiny. It’s a gift from the part of you that knows, to the part of you that wonders. So write them down.

Leibniz’s inspiring message touched my heart. There’s an immortal part of us that *knows* the truth and a mortal part that *denies* it, and he awakened the immortal part in me. He left his imprint within my consciousness and put me on a quest to discover why so few people understand and acknowledge that beautiful order.

At the time, I thought, *I would love to discover a way to awaken the awareness of the divine order in people’s lives, and the love in their hearts. What if it was possible to awaken them to the power that drives the evolution of life?*

As I went through college, I carried that dream with me. I studied everything I could about the universe. I loved cosmology (the study of the origin and structure of the universe) because it was like a modern form of the four great ancient questions of philosophy: *Who are we? Where do we come from? Why are we here? and Where are we going?* Cosmology was mind-expanding and absolutely fascinating. It led me



into the world of astronomy, which took me into physics. Physics led me into the metaphysics of Aristotle, William James, and others, which launched me into theology. Theology then led me into mythology, which opened my eyes to anthropology. My investigations kept spreading until I eventually studied more than 200 different “ologies.”

I began to realize that if I was going to study universal principles, I shouldn't limit myself to just the “ologies.” I wanted to study *everything!* That seemed like a large quest, but I knew that “by the mile it's a pile, by the yard it's hard, by the inch it's a cinch!” If I just took it a little at a time, I could accomplish anything I felt called to do.

The more I investigated the principles of the universe, the more inspired and certain I became. I discovered some of the same laws and patterns underlying all the different fields—from the many arts and sciences, to the various religions and philosophies of life. These patterns stand the test of time. They awaken us to our truest and highest potential, and they are the foundation of The Breakthrough Experience.

Gratitude Is the Key

My mother told me when I was almost four years old, as she was putting me to bed one night, “Son, before you go to sleep tonight, make sure you count your blessings.” Great truths are often hidden within such simple words.

When we see the underlying patterns and order in the universe, we come to an illuminating state of gratitude. Every time we're grateful for the extraordinary architectural creation called our being, our body, and our life, we take another step toward manifesting our greatest potential and fulfilling our true and ingenious destiny on this planet.

Those who are grateful have more blessings and fulfillment in

life than those who do not. This is a simple principle, yet it has the power to change your life. Gratitude is the key to growth and fulfillment. If you were to give someone a gift and they just looked at it and then tossed it aside without thanks, would you be inclined to give them another? Of course not, and the universe responds just as you do. We're built on universal principles, and the universe behaves like us on a grander scale. The universe bestows its gifts where they're most appreciated. If you're not grateful for what you've been given, then why would the universe want to give you more?

*"The hardest arithmetic to master is that
which enables us to count our blessings."*

— Eric Hoffer

I'm often asked, "What exactly is gratitude?" It's what you feel when you've attained perfectly balanced perception. It's what you experience when you see the perfect equilibrium or divine order in any area of your life. In Spanish it's called *gracias*, and in French it's called *merci*, but in English it's simply called *divine grace*.

Many people confuse gratitude with elation. They think that when they're elated about something and say, "Oh, I'm so thankful for that!" they're being grateful. But true gratitude actually has little to do with those temporary moments of happiness or elation. True gratitude is a quiet state of poise and inner calm where you're truly thankful, where you sense the divine order and wouldn't want anything to change.

Gratitude is a true prayer of thanksgiving, but there are two types of prayer. The first type is false prayer. It arises when you're dissatisfied with life and it often sounds something like, "Oh, Lord, this is all messed up. Please fix it!" The second type is true prayer. It arises when you recognize the order and perfection of what is and you're truly thankful for what has already been given. As a result, you receive

even more gifts. To those who are grateful, more is given. To those who are not, more is taken away. Having gifts taken away as a result of ingratitude helps you wake up to the importance of being grateful.

Nothing has ever happened or can happen to you that is not a gift and a blessing, but it's difficult to be thankful until you find the hidden benefit in what may seem at first to be a negative event.

The Journey Begins

One of my most significant hidden blessings came to me in the first grade. I was a left-handed dyslexic, unable to read or comprehend, and my teacher knew little about learning disabilities. I started in the general class, was moved to a remedial reading class, and finally ended up in the “dunce class,” where I sometimes had to sit in a corner and wear a conical dunce cap on my head. I felt ashamed, different, and rejected.

One day my teacher asked my parents to come to class. In front of me, she told them, “Mr. and Mrs. Demartini, your son has a learning disability. I'm afraid he will never read, write, or communicate normally. I wouldn't expect him to do much in life, and I don't think he'll go very far. If I were you, I would put him into sports.” Although I didn't fully understand the significance of her words, I sensed my parents' uncertainty and concern.

I went into sports and eventually developed a real love for surfing. At the age of 14, I told my father, “I'm going to California to go surfing, Dad.”

He looked me in the eye and sensed that I was sincere, and that no matter what he said, I was going to do it, because that was where I belonged. He asked me, “Are you capable of handling whatever happens? Are you willing to take whatever responsibilities come along?”

“Yes, I am.”



He said, "I'm not going to fight you, son. You have my blessings." And he prepared a notarized letter saying, "My son is not a run-away. He's not a vagrant. He's a boy with a dream."

Years later, I found out that when my dad came back from World War II, he had hoped to go to California, but didn't. When he heard me say I was going to California, I believe his old dream came back to him and he thought, *I never made it, but I'm not going to stop you.*

So at the age of 14, I dropped out of school. My mom and dad gave me a ride to the freeway, lovingly said good-bye, and told me, "Go follow your dreams."

My First Mentor

From my hometown of Richmond, Texas, I set off hitchhiking toward California, and soon I arrived in El Paso. I was walking through town on my way to the West Coast, moving down a sidewalk with no place to go but straight ahead, when I saw three cowboys ahead of me.

Back in the '60s, cowboys and surfers didn't get along. An underlying war existed between the shorthaired rednecks and longhaired "white-necks." As I walked down that sidewalk with my backpack, surfboard, long hair, and headband, I knew I was about to be confronted. As I approached, they lined up across the sidewalk and stood there with their thumbs in their belts. They weren't going to let me through.

I was thinking, *Oh, God, what am I gonna do?*, when all of a sudden, for the very first time, my inner voice spoke to me. It told me to . . . bark! Now, that may not have been the most inspired inner voice, but it was the only one I had. It said to bark, so I just went along with it and started to bark, "Ruff! Ruff! Raaarruff!" and lo and behold, the cowboys got out of my way.

For the first time, I learned that if I trusted my intuition, amazing things would happen.

I growled my way through the three men, still going, “Raaarruff! Ruff! Ruff! RRRRUUUFFF!” and they moved out of the way, probably thinking, *This kid is nuts!* As I walked safely past the three cowboys, I felt like I had just come out of a trance. I slowly turned away from them as I came up to the corner, and there, leaning on a lamppost, roaring with laughter, was a baldheaded old bum in his 60s with about four days worth of stubble. He was laughing so hard he had to hang on to the lamppost to hold himself up.

“Sonny,” he said, “that’s the funniest dang thing I’ve ever seen. You took care of them cowpokes like a pro!” He put his hand on my shoulder and walked me down the street.

He said, “Can I buy you a cup of coffee?”

I said, “No, sir, I don’t drink coffee.”

“Well, can I buy you a Coke?”

“Well, yes, sir!”

We walked up to a little malt shop with swivel stools along the counter. Inside, we sat down and he asked, “So where ya headed, sonny?”

“I’m going to California.”

“Are you a runaway?”

“No, my parents gave me a ride to the freeway.”

“You dropped out of school?”

“Well, yeah. I was told I would never read, write, or communicate, so I just went into sports. I’m going to California to be a surfer.”

He said, “Are you finished with your Coke?”

“Yep.”

“You follow me, young boy.”

So I followed this scruffy man, and he took me a few blocks down the street, and then a few blocks more, and he led me through the front doors of the downtown El Paso library.



He pointed to a spot on the floor. “Put your stuff down here, it’ll be safe,” and we walked through the library, where he sat me down at a table.

“Sit down, young boy. Sit down and I’ll be right back,” and off he went into the bookshelves.

In a few minutes, he came back with a couple of books and sat down next to me. “There are two things I want to teach you, young man, two things I don’t want you to ever forget. You promise?”

“Yes, sir, I do.”

My newfound mentor said, “Number one, young fella, is never judge a book by its cover.”

“Yes, sir.”

“Because you probably think I’m a bum. But let me tell you a little secret. I’m one of the wealthiest men in America. I come from the Northeast, and I have every single thing that money has ever been able to buy—the cars, the planes, the houses. A year ago, someone very dear to me passed away, and when she went, I reflected on my life and thought, *I have everything except one experience. What’s it like to have nothing, and to live on the streets?*

“So I made a commitment to travel around America and go from city to city, with nothing, just to have that experience before I died. So, son, don’t you ever judge a book by its cover, because it will fool you.”

Then he grabbed my right hand and pulled it forward and set it on top of the two books he had put there. They were the works of Aristotle and Plato, and he said with such intensity and clarity that I’ve never forgotten it: “You learn how to read, boy. You learn how to read, ’cause there’s only two things that the world can’t take away from you: your love and your wisdom. They can take away your loved ones, they can take away your money, they can take away just about everything, but they can’t take away your love and wisdom. You remember that, boy.”

I said, “Yes, sir, I will.”

And then he walked me over a few blocks and sent me on my way to California. To this day I have never forgotten his message, and it has become the core of The Breakthrough Experience: Love and wisdom are the essence of life.

Divine Order

Everything that happens is a vital part of the divine order that Leibniz, Einstein, St. Augustine, and most of the great minds understood. Even the most terrible events always contain hidden blessings. The masters know this great truth and remain undisturbed by events, while those of lesser wisdom swing from elation to depression as they move through positive and negative experiences on their way to understanding.

Childhood deprivation is often the source of adult dreams and aspirations. So often childhood illnesses create the great healer or athlete. Those who think they weren't loved seek to share love wholeheartedly for the rest of their lives. Those who felt unworthy develop a powerful drive to contribute to the world and feel worthwhile. Those who lived in poverty go on to amass great wealth. Perceived voids create values; we are programmed to seek whatever we think is missing the most.

Although I didn't know it at the time, the "tragedy" of my learning difficulties and dyslexia set me free to follow my dreams and meet extraordinary people who would guide my life. I discovered an irresistible desire to achieve what I was told I would never do. I was told I would never read, write, or communicate, yet today I spend more than 300 days a year traveling the world doing exactly that.

Wisdom is the instantaneous recognition that a crisis is a blessing, and even greater wisdom recognizes that blessings can also trigger a crisis. When we truly understand that, we're less likely to be



upset about difficulties or elated about opportunities; we remain centered no matter what happens around us. That is one of the secrets of self-mastery.

When you know that bad things aren't so terrible and good things aren't so terrific, you can be quietly grateful for whatever occurs. Balance is neither pessimism nor optimism. It doesn't lean to one side or the other, but sits poised in the middle. It is "gratefulism," and that is both wisdom and true power. All things are balanced, and when you know it, you remain true to yourself rather than being driven by your hopes and fears. You stay present on your path.

When you buy into the fantasy of better and worse, seeking the illusion of greener pastures, you're never present, or satisfied with your life the way it is. You think, *Someday I'll find a way to let my wife and children know how much I really love them. Someday when things are better, I'll start that business, take that trip, or write that book.* You live on Someday Isle, which doesn't exist.

Napoleon Hill, the author of *Think and Grow Rich*, once said, "Don't look for opportunities in the far distances of space and time, but embrace them right where you are, because where you are already has the perfection and the balance." Right this minute you have everything you need to fulfill your life.

One of the objectives of The Breakthrough Experience is to help you see through your inner eye the balance that already exists. When you're truly grateful, you have simply woken up to it.

The Great Discovery

In my search for the principles underlying human existence and consciousness, I came upon what I call The Great Discovery™: At any moment of your life, you will never be put down without being lifted up, nor lifted up without being put down. Positive and negative,

good and bad, support and challenge, peace and war—all come together in pairs. They are simultaneous and perfectly balanced, and that is what makes up the divine order.

At first that may seem somewhat less than startling. But when it sinks in, you'll realize that it's truly an amazing understanding. If you ever see one side without the other, you're living in an illusion. Stop right now and think about your life. Find a moment where you were criticized, put down, or humiliated. Isolate the exact moment in space and time and the exact individual or group. Once you pinpoint this moment of humiliation, look again, and you'll find that at *exactly* the same time you were being put down, either you or somebody else was lifting you up and praising you. In addition, any time you were put up on a pedestal, that was the very moment somebody brought you down and put you in the pit. Wisdom is the acknowledgment that both sides occur equally and simultaneously.

Each of us lives in duality; we are all bipolar people. We have a part that lifts us up and another that puts us down. We praise and criticize ourselves. Nobody will ever put us up or down as much as we do, because no one will ever think as much or as intensely about us as we think about ourselves. When somebody reacts to us, they're merely reflecting a repressed part of us. No one ever victimizes us; they just *reflect* us.

I once consulted for a doctor in Los Angeles who said, "I need some help, John. I'm running into a series of patients who say there's no way they can possibly commit to the necessary care for that long."

"So what are your responses?" I asked him.

"Well, that's it. I don't have responses, and I keep blowing it. I'm calling you to get some ideas."

He was giving his patients a plan of action for their health care, which had worked fine for months, but all of a sudden he was getting this objection over and over again. I know the world is a mirror, so I just asked him, "Where are *you* holding back from committing that long?"

He had just been talked into getting married. He loved the lady and a part of him definitely wanted to get married, but he was frightened of the commitment because he'd been through it before. The week he agreed to marry her, he started getting this objection from his patients. His fear was financial, so when I helped him work out a prenuptial agreement, his fear of marriage evaporated and his clients soon stopped refusing to commit. His financial "problem" helped him organize and break through his relationship fears and open his heart to the woman he loved.

People treat you exactly the way you unconsciously treat yourself. Their outer mannerisms toward you reflect your inner mannerisms, so one of the most powerful ways to transform your life is to become consciously aware of your beliefs and feelings about yourself. Most people go through life completely oblivious. They have high moments and low moments and swing through their emotions, but don't see the balanced and divine order, and how they're constantly surrounded by love. My objective is to have you become aware that you're surrounded by magnificent love every moment of your life.

True Love

True love emerges from a state of emotional balance. One of the purposes of having a partner is to maintain a loving equilibrium. If one partner is manic and up, the other partner helps bring them back down into balance. If one is down and depressed, the other will help lift them up. If one partner becomes cocky, the other brings them down. If one becomes deflated, the other helps them up. That's how relationships work. This balancing act maintains the divine order, or true love.

I used to come home from my office after a "big day"—I'd see a pile of patients, provide a load of service, and make lots of money. I'd

drive home in my Jaguar all cocky and elated, thinking, *Oh, wow, what a day! Anybody want to touch me for luck?*

I'd sail home and . . . *boom!* Slam dunk. "Where have you been? We were supposed to go out to dinner an hour ago. Did you pick up what I asked you for? Who do you think you are, anyway?" I would come down with a crash because I didn't understand how that was actually great love.

My first, immature response was, "Well, thanks very much. I was so up and positive and I had such a great day. How come you're putting me down? I work so hard and you don't support me. Everybody else sees how great I am. What's wrong with you?"

And do you know what would happen? No intimate activity for a week. I would get humbled because *we're not here to be right, we're here to be love*. These two sides make up true love. They create the balance. I was surrounded by love, but I was addicted to the pleasure at work and resentful of the balancing pain at home. I eventually realized that every time I came home cocky, I wasn't present with my family. And if I wasn't present and in love with my family, the slam dunk returned me to being present with them. But if I came home really depressed, there was my wife, lifting me up.

I realized that if I wanted to come home and find love there, I'd better not be elated or cocky. So on the drive home I would think, *All right, what patient did I forget to call? What paperwork did I forget to do? Who did I not give my best quality service to?* I would humble myself and not walk into the house until I felt centered and present.

Like any true science that's reproducible, if you do that, you will repeatedly have a loving partner at home. It's absolutely amazing. You literally have the power to change the state of your partner, from a distance, by going into the state of balanced love. When you have true love, you see the balance all around you. When you have a one-sided emotion, you get the other side to center you and bring you back to true and balanced love. This is the divine order at work.

The moment you realize this balance and observe the perfect equilibrium around you, you become liberated. You know that the world is perfectly balanced, both within and without. Only then are you able to manage your own life and no longer be controlled by praise and blame. You begin to forge your own destiny and allow the enlightened part of you to direct your life, rather than let yourself be run by the part of you that hopes and fears.

If you would love to be the director of your own life, you must equilibrate your perceptions and emotions. By equilibration, I don't mean indifference or apathy; I mean a point of inner balance and poise that goes beyond emotional extremes. The heart opens only when the mind becomes consciously equilibrated, while imbalanced emotions close it down. That's why St. Augustine emphasized that "the will of God is equilibrium." God wants you to open your heart to yourself and recognize that you are a part of that divinity—beyond any opinions of grandeur, unworthiness, and doubting fears.

When the will of humans attunes to the balanced will of God, the heart communes with divinity. As human beings, our job is to become acutely aware of the life dynamics that are doing everything they can to equilibrate us and make us aware of this truth. When we begin to see the balance everywhere, we wake up to the possibility that maybe there's a hidden order and intelligence behind it all.

Love is made up of two sides: support and challenge. We're required to experience both sides equally, and live in this world of duality until we can see the magnificence of their underlying balance. Were you aware that supporting someone can make them weak and dependent, and that challenging them can make them strong and independent? We judge ourselves harshly when we feel we've been mean to someone, but that's because we haven't seen the balance. Because of the divine order, the very person we were mean to received kindness from someone else at exactly the same time. Our meanness made them more independent, and the other person's

kindness made them more dependent. You wouldn't believe how many times I've seen a child being challenged by the father, while the mother was supportive, and vice versa. The more gentle and lenient one parent was, the more rough and strict the other was. The softer one was, the harder the other got, and the two together made up the balance of love.

A child requires both support and challenge in perfect equilibrium. If one parent plays one side, the other parent will play the other. If not, the brother or sister will play it, or the kid down the street will beat them up. They won't escape whatever it takes to equilibrate them. Look at your own life to see the truth of what I'm saying. Can you think of times when you received both praise and reprimand in equilibrium? You can't escape it. If you had nothing but challenge right from birth, you wouldn't survive your family. If you had nothing but support from your family, you wouldn't survive when you went out into the world.

Nature won't allow anything but equilibrium. Have you ever wondered why some of the most famous rock stars and movie stars commit suicide, overdose, or self-destruct? Their suicidal tendencies or suicide attempts are often compensatory reactions to having other people build them up so high that they imagine themselves invincible. Because praise and blame are equilibrated, anyone who buys into the illusion that they're greater than they really are will also blame themselves and self-destruct for not being able to measure up to their fantasy. Strange as it may seem, critics and the tabloids actually help keep celebrities alive by balancing all the praise and adulation they receive.

One of the greatest illusions people fall into is the search for pleasure without pain, praise without reprimand, or nice without mean. Looking for elusive, one-sided events in a two-sided universe is the root of people's so-called suffering. When you embrace the balance and the truth, love surrounds you. You can't escape true love. You can't run from it. There's nowhere to go. When you understand

this truth, your fears and guilt can evaporate, and you can begin to dance with your life.

The Master Dance

I once lived in a house overlooking the beach near Del Mar, California. One day I walked into a health-food store for a carrot juice and overheard a gentleman talking about philosophy. I couldn't resist the opportunity, so I sat down with him for a discussion. He told me he was a master of martial arts, had trained many Hollywood movie stars, and also studied philosophy. After our lengthy discussion, he asked me if I would be willing to share more of my philosophy with him in exchange for some martial arts lessons. Of course I accepted, and he came over to my home.

I took him into my family's big, glass-walled room overlooking the beach and asked him, "All right, what do I do?"

He said, "Okay, here's the first lesson. I want you to do whatever you can to attack me. Try to kill me."

I thought, *Hmm, the first lesson and he wants me to kill him. Okaaay.*

So I tried to punch him, and immediately, with just two fingers, he grabbed my arm and twisted me off balance, leaned me backwards, kissed me on the cheek, and put me back on my feet. With two fingers!

He said, "Try again."

I thought, *All right, I'm going to try kicking him*, but as I kicked, he stepped aside and used the same two fingers to lift up my foot, throw me off balance, and kiss me on the cheek. The next time I tried a spinning kick, but he just guided my leg on past and kissed me on the cheek again. No matter what I did, I couldn't touch him, and eventually I started to laugh.

I stood back, sweating and out of breath, and asked him, “Okay, what’s the lesson here?”

He said, “Here is your first lesson. To a master, there is no such thing as attacks, only invitations to dance. But to a neophyte, because they’re unsure, they always perceive themselves to be the victim of attacks. Anything they’re not prepared for will be interpreted as a danger, and it will run their lives. But anything that they can see as having a perfect balance of yin and yang, they will not react to. Masters act wisely upon such things, and they make them invitations to dance.”

This gentleman didn’t feel threatened by anything I could do because he had already prepared himself for every possibility. He stayed poised and present no matter what I did, and turned my attempts at deadly combat into a graceful dance. He was educational as well as entertaining to watch.

If we can understand and embrace everything that comes our way in the same spirit as this gentleman, knowing that it is not an attack, but an opportunity to refine and expand ourselves, we can turn our lives into the same masterful dance. For most of us, conflict is less physical and more verbal and mental, but the same principle applies. You’re not present when you become distracted by the emotions of praise and reprimand, are you? When somebody lifts you up or puts you down, if you buy into their one-sided illusion, they can run your life. The second you allow yourself to get elated or depressed about other people’s perceptions of you, or even your own illusory perceptions of yourself, you become disempowered. You cannot express your genius to its fullest while you’re caught in that state. But the second you bring your mind to balanced awareness, you have the power of divinity working through you.

The next time someone puts you down, immediately look for the balancing opposite and say to yourself, “Ah, thank you! I was just being cocky and elated about something, and I was also being praised

and built up, so I see why I've brought you into my life at this moment." If you can be thankful to them for helping you remain poised, you're on your way to becoming a master. If every time a crisis struck, you trained yourself to immediately look for the blessing and opportunity that certainly exists, you could dance with your life.

"If I had only one prayer, it would be, 'Thank you.'"

— Meister Eckhart

When you open your heart to Divine Intelligence, miracles happen in your life. Miracles are nothing but natural laws put into action by beings who understand their application. When you're poised and centered, you have power. You become like a Jedi knight and The Force is with you. Not because you want to gain control, but because you honor yourself and your life enough to embrace it all, the highs and lows are in perfect balance.

The purpose of The Breakthrough Experience is to assist you when you feel ready to honor your true nature and to shine. Shall we begin?



Many of the chapters in this book include exercises similar to the ones below. I urge you to give yourself the gift of completing each exercise before proceeding to the next chapter. They are a crucial part of The Breakthrough Experience, so take as much time as you need before moving on.

After the exercises, you'll find a list of affirmations called "Words of Wisdom and Power." Read these affirmations at least three times daily, concentrate on their significance, and feel them as they begin to take root in your heart and mind.

Exercise 1

Think of a moment in your life when you were criticized, put down, repressed, or told you were no good. It's important to identify the details: Exactly when, where, and by whom did this occur? Then remember who was lifting you up, praising and putting you on a pedestal, at that *exact* split second. Write them both down and identify their balance.

Over the days and weeks to come, begin scanning back over your entire life and equilibrate every lopsided word of criticism or praise you can remember. Love is two-sided. When you deeply understand this great truth, you get to be surrounded by love every minute of your life.

Exercise 2

Before you go to sleep tonight, lie comfortably in your bed and begin giving thanks inwardly. Remember everyone who helped you today. Call up their image in your mind's eye and thank them for their support or challenge, niceness or meanness, or simply their presence in your life. Identify what they were teaching you and how and what they were balancing.

Continue until you feel great gratitude for your day—until you see that both sides are perfectly balanced and both are love. Going to sleep with a grateful, open heart is a powerful healing practice. Your dreams will become more inspiring, and you will awaken in the morning with a lighter state of mind.



Words of Wisdom and Power

- *I am magnificent just the way I am.*
- *I listen to my immortal nature, and it knows.*
- *My true nature is love and wisdom. Wisdom is the instantaneous recognition that crisis is a blessing.*
- *Life is a gift. Thank you.*



Chapter Two

Lighten Up



“All great truth passes through three stages: First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”

— Arthur Schopenhauer

Did you know that your true nature, underneath all of your hopes, fears, thoughts, and feelings, is nothing but love and light? The universe has an inherent balance and order whose expression is this love and light. You have unlimited access to a boundless energy, the same energy that permeates all life—from the core of our radiant star to the center of a crimson rose. This universal order of love and light resides in the heart of all things, including *your* heart, and it opens up to you the minute you unlock it with the key of gratitude.

Once you recognize and attune with your Divine Source by balancing your mind, you have access to an infinite energy. This isn't just a metaphor or wishful New Age fantasy. It's as real as the sunrise and as solid as the book you hold right now, because everything *is* energy. This chapter is about how to access that infinite energy. Since command of any discipline lies in the mastery of its details, this chapter may be the most challenging as well as the most rewarding.

Recurring Themes

After passing my GED, and then taking entrance exams to get into college, at the age of 20 I found myself living in a dormitory with a bunch of physicists. I was rooming with a brilliant young man from Taiwan who dreamed of receiving a Nobel Prize. We would stay up until four in the morning trying to answer the questions at the cutting edge of physics and cosmology. We challenged each other to come up with more comprehensive theories than the Big Bang and Unified Field theories. I set out on a quest to know the essence of life and its energy source, as well as universal laws. I was driven to explore the mysteries surrounding energy, and to discover the secret of *consciousness*. Was it a science? Was it mysticism? Was it both? Little did I know the impact this quest would have on my life.

I discovered in my studies of physics, metaphysics, and theology that the theme of *light* kept recurring. The Bible says that God called forth heaven and earth with the words *fiat lux*, “Let there be light.” The Old Masters painted holy beings with halos of light around their heads. Physicists and astronomers used light as the source and great measurer of phenomena. I wondered at the time, *Is it possible that visible light and spiritual light are the same thing? Could the same universal laws govern both?*

I noticed another recurring theme in physics: collapsing wave functions. Every atom or subatomic particle could function as a wave and also be reduced to mathematical equations involving spin, rotation, and other quantum numbers. When two complementary particles (those of equal yet opposite mass and opposite charge, such as matter and antimatter) are brought together, they annihilate each other and birth *light*. But when, in turn, they are simultaneously generated *from* light, one seems to disappear. This instantaneous disappearance is called “collapsing its wave function.”

Then I came across the work of the world-famous physicist

Freeman Dyson, who presently teaches at the Institute for Advanced Study in Princeton, New Jersey. He was quoted in a 1993 *Scientific American* magazine article as saying, “No universe with intelligence is pointless . . . intelligence could persist for eternity—perhaps in the form of a cloud of charged particles (of light)—through shrewd conservation of energy.”

If consciousness was somehow a cloud of charged particles of light, I wondered what that meant for humanity. Eventually I discovered that the mysteries of mind and the physics of light were related through the collapsing of full quantum-wave functions. The long-term result became The Quantum Collapse Process™, which is now the core of The Breakthrough Experience. By the end of this book, when you’ve had a chance to learn the foundations of this process and test it out for yourself, you will have a personal experience of its truth.

The next few chapters include some important fundamentals to prepare you for The Quantum Collapse Process. When you get to Chapter 9 and follow the instructions to the letter, you will experience this love and light. At that moment, these principles won’t be just theories or opinions; they will become an integral part of how you experience and look at life. Once you experience a Collapse, the love won’t be forgotten.

Being Here Now

As stated previously, when two complementary particles—or those with equal but opposite charges, spins, and masses—are brought together, they annihilate each other and birth light. In human consciousness, when two complementary emotions or those with equal but opposite charges (such as elation and depression or happiness and sadness), spin (forward and backward in time), and masses (burdening emotional distractions) are brought together and synthesized into perfect balance, the

emotions annihilate each other and birth the feeling of love and light. Light and love are two aspects of the same phenomenon.

All positive and negative particles in the universe are created simultaneously, in perfect one-to-one balance, but your senses misperceive local imbalances and can mislead you. Every time you splinter yourself into positive and negative emotions, you scatter your light, dissipate your energy potential, and disempower your true and centered being. In this way, you separate yourself into past and future, and you're no longer present. When you bring your perceptions back into balance and become aware of how things truly *are*, you reverse the process. The past and future disappear in an all-encompassing state of loving presence. In the state of love, extraordinary things can happen.

You might ask, "How is that possible?" As long as you're attuned to your bodily senses, you're subject to space and time, because that's where your body lives. Time consists of both future and past, neither of which can ever be in the *now*. The past holds memory, is emotionally based, and is dominated by the emotion labeled *guilt*. The future holds imagination, is also emotionally based, and is dominated by the emotion labeled *fear*. The loving essence of your true spirit is spaceless and timeless *presence*. Anytime you experience a future or past emotion, you dissipate your potential energy into a kinetic motion. But in a state of presence and love, you reintegrate your kinetic energy and birth a new quantum of creative potential. The purpose of this book is to help you take your imbalanced emotions and reintegrate them back into the enlightening potentiality of true love.

Would you love to be in a place, but at the same time *not* be in that place? Would you love to have an entire room disappear except for the person you love? What if you had a chance to see someone who died 20 years ago and tell them how much you loved them? What if the person you *despised* or avoided for 20 or 30 years suddenly appeared next to you and you opened your heart to them; embraced, thanked, and loved them; and were set free from any

emotional bondage or baggage? These are just a few of the experiences people report upon completing The Quantum Collapse Process.

Mothers and Fathers

Sometime ago, I presented The Breakthrough Experience in Los Angeles. In the audience was a beautiful lady (whom I'll call Jane) who had been given up by her Spanish mother and raised by a Frenchwoman. Jane did The Quantum Collapse Process on her birth mother, and upon completion, I asked her who in the room reminded her of her biological mother. She looked around the room and chose a middle-aged woman with asthma who was sitting by the outside door to get some fresh air. Jane spoke to this lady in Spanish, which was her original language, and then the woman started saying things that Jane's birth mother had said when she was a young girl, and the woman even somehow knew to call Jane by her nickname.

Afterward, the "surrogate mother" asked me, "How did I know her nickname? How did I know to say that? I felt like something was almost speaking through me and directed me on what to say. It was strange. It was as if I became her birth mother for a few moments."

When Jane finished that Collapse, I said, "So what about your stepmother? What is in the way of loving her?" We worked a little longer on her Collapse and balanced out any remaining imbalanced perceptions or emotions about her adoptive stepmother. I then asked her, "Who here reminds you now of your stepmother?"

Jane looked around the room and stopped at the same woman and said, "It's her again."

Astonishingly, this lady was trilingual. Now in the role of the stepmother, she spoke French and used the very words Jane's stepmother would have uttered. It was so real to both women that they conversed as if they'd never been apart.

Afterward, the surrogate mother returned to her chair, sat back comfortably, and had a new realization: Her asthma had momentarily cleared due to the impact of exchanging such deep love. Can you guess what had happened in her life? She had given away one of her daughters, and her emotions about it were partly the cause of her asthma! Psychosomatically, asthma results from frustration and anxiety associated with some kind of perceived loss, and also with feeling unworthy to live. The woman playing the role of both mothers then had the opportunity to clear her emotions about her lost daughter by doing her own Collapse. She had carried this emotion as pain and illness in her body since she was a young mother.

The serendipity and synchronicity of the people who attend The Breakthrough Experience seminars is quite profound and certainly no mistake. What happened with Jane was a beautiful experience, and it illustrates that when you love, the person becomes present with you and appears.

If it sounds way out or simply impossible, I say this now: My solemn promise to you is that I won't present anything here that isn't true, that hasn't been tested and experienced by hundreds and thousands of people. If anything, I will *understate* what is possible, and let you experience it for yourself. One of the most profound things you will ever experience is a true open heart in the presence of the one you love. It doesn't matter if they're alive or dead—there is a parallel spiritual world; and your loved ones, wherever they are, will be there with you.

Tough-Love Science

So let us now look at the phenomenon of people appearing. Pat yourself on your shoulder and feel the flesh under your hand. The physical body you just touched appears to be solid, but as a whole, it

can be broken down into *systems* such as the nervous system, cardiovascular system, and muscular system. Systems can be further broken down into *organs* such as the brain, stomach, and lungs. Organs are composed of *tissues* that are made up of *cells*, then *molecules*, then *atoms*, and then *subatomic particles*. Quantum physicists now know that all subatomic particles such as protons, electrons, neutrons, quarks, and mesons are all actually waves.

Your idea of having a solid physical body is an illusion of your senses. Your body is made up of nothing but electromagnetically resonant waves. Most of your body is empty space that contains minute fields of vibrating waves. You are a vibrating system. You have probably even said, “I’m picking up strange vibes today,” or “Man, I don’t like his vibes.” You are made of pure vibrating light waves, which physicists call *quanta*.

I’m going to make you think a little bit here, but bear with me. Nothing of value comes without a price.

A quantum light wave is composed of peaks and troughs, or positive and negative phases. Similarly, you are composed of peaks and troughs, or positive and negative *emotions*. The peak and trough phases correspond to the highs and lows of your consciousness; the same laws govern both. The positive phases of light waves are called *positrons*. The negative phases are called *electrons*. Neither of those phases by themselves is light; they are charged particles materialized in space and time. They each have mass, and participate in what is called *density*. If a complete light wave represented truth, then the positive or negative phases alone would represent only half-truths.

When positive and negative phases join together in perfect balance, they birth *light*. Light doesn’t move through space as a continuous bright streak; it pops in and out of existence as it jumps from one full wave, or quantum, to the next. In between the points of light (photons) are the positive and negative half-quantum particles (positrons and electrons). That’s what a quantum leap is: a jump from

one radiant state of illumination to the next.

Now you're probably wondering, *Where is this guy going with all of this physics stuff? Why is he talking about such abstract things?*

I'm talking about your *being*, your physical nature, as vibration. There are laws that govern those vibrations. When you apply those laws, you can understand what happens in life, and understanding is crucial to your illumination experience. Some physicists have said that the matter composing your physical body consists of frozen, condensed, and cooled light, and they're accurate. Actually, it's *all* light, all vibration, all spirit.

We're prepared to acknowledge these principles and laws in the physical world and assume they don't apply to the world of the mind, but our consciousness works in the same way that light does. Have you ever been cocky and elated about some part of your life, your finances, your career or relationship, and had something happen right at that moment to humble you? That's not mistake or error; it's exactly the way the universe makes sure you learn love. The second you see more positives than negatives, you attract a situation where you see more negatives than positives to get them back in balance.

There is a symmetry law in quantum physics that excludes any isolated half-quantum state (positron). There seems to always be an anti-half-quantum state (electron) somewhere in the universe to balance it. All phenomena are universally full-quantum. Looking at that law, I thought, *That implies there must be no such thing as happiness without sadness, or sadness without happiness.* That's a big jump, so I clinically explored this principle and interacted with thousands of people only to find it true.

Originally when somebody said, "I'm happy!" I would buy into it. But after my exploration, I realized that in every case, they were both sad *and* happy. When someone said they were sad, they were really playing a role. They were comparing their lives to a fantasy of what they thought it should be, and *that's* where their happiness was.

It was hidden in their virtual reality. But if I took them through The Quantum Collapse Process and merged the two emotional phases together, both disappeared and grateful love and light were birthed.

When I said that at a program in Mexico, a lady stood up and said, “I don’t quite understand this because I’m a very happy person. I’ve always been happy, and in fact, I can’t think of a time when I’ve been sad in my entire life.”

I asked her, “And are the people around you sad because of that?” She said, “Well, I always try to cheer them up.”

She couldn’t stand to see sadness in others because she was repressing her own sadness. We later learned that she had been very ill recently. She had kidney, lung, and stomach problems, and had even had part of an organ removed. Her negativity went into her body and manifested as illness, and she hadn’t realized the price she was paying for her so-called constant happiness.

Anytime you perceive a positive without a negative, you’re drawn into a positive emotion; whenever you perceive a negative without a positive, you’re drawn into a negative emotion; and both are lower-frequency (kinetic energy) states that dissipate your potential and run your life. Right in the middle between positive and negative emotions, between like and dislike, is the core of human experience, and it is nothing other than *love*. True love is a synthesis of the two aspects of one wave, and one full wave is light, which can also be called “love.” Love is a full-quantum state. Physicists know that a full-quantum state is massless, chargeless, spaceless, and timeless, which by definition is spiritual and unconditional.

Consciousness is light, and it comes in full-quantum states. God is full-quantum light.

People have different definitions of *love*, but I’m defining it as “the synthesis or perfect blending of all dualistic perceptions, the summation of all polarities.” When happiness and sadness are synthesized, they make love. Like and dislike, positive and negative,

pain and pleasure, electron and positron—all dualities, when totally synthesized, are love. No matter what “ology” you investigate, they all lead to the same essence: love, the unified field theory that permeates every human being and links us all.

*“Without love there is no life,
and the life is of such a quality as is the love.”*

— Emanuel Swedenborg

When you’re in the illusion of one-sided positive or negative experiences, you automatically attract the opposite side to balance you. When you acknowledge life’s perfection by embracing both of its sides, you experience unconditional love. An infallible sign that the two sides have become integrated is tears of love, and they appear again and again throughout this book. They aren’t tears of happiness or sadness; they are tears of love and inspiration, and it is physiologically impossible to come to a point of synthesis without them. The bigger and more widely separated the emotional charges, the more intense and profound the tears are when those charges are synthesized.

It takes both positive and negative particles in perfect synthesis to create light, and in exactly the same way, you need both sides of every event to hone you in on your true nature, which is also light. The light in the center is unconditional love; the emotional or particle waves are conditional love. They draw in their opposite side, which you need to bring you back to the center, but it’s *all* love.

Mother Love

Conventional wisdom believes that love is only the nice, positive, and supportive side of the equation, but the synthesis of the two

halves is a vastly more powerful noumenon,¹ which I call love. This universal principle applies in the most extreme situations and circumstances, not just in minor negatives and difficulties.

I once had the opportunity to work with an intense man who, when I asked him who in his life he had the biggest emotional charge on, said, “Well, I guess that would be my mother. If she were alive, I’d put out a contract to have her killed.”

His mother had been a drug-addicted prostitute who had tried to kill him not once, but many times, and eventually committed suicide. He’d been taken away from her while still very young, and had been placed in an orphanage, then a foster home. Later he visited his old neighborhood and checked hospital and other records. He had recalled only a few of the incidents, but discovered an almost unbelievable history of so-called violence. He found that she had stabbed and poisoned him, left him outside unclothed in the winter, tried to smother him, and had done just about everything you could imagine to take his life, but he had survived it all.

His mother had two sides, the side that wanted him disposed of, and the side that didn’t. I set out to help him find the other side of her love, and at first he just looked at me as if I were crazy. Since I know the full-quantum principle, we just kept digging. I asked him to recall where he had done exactly what he accused her of, in someone else’s perception, and he flat-out denied that he could be anything like her. With perseverance, we unearthed every single thing he resented her for in his own life, though in his own expressed forms.

This man was a prosecution lawyer who’d never lost a case. He had once prosecuted his best friend who felt stabbed in the back by him, and their relationship was poisoned. Defense lawyers felt overwhelmed and smothered by his legal skills, as if they’d had the wind knocked out of them and couldn’t speak. Defendants felt exposed, naked, and vulnerable on the stand against him. The people he put away for life felt that he had stolen their lives and killed them.

¹ Noumenon—that which is conceivable to the mind but not perceptible to the senses, such as God or the soul.

We found everything his mother had done to him, in his own form. Although he'd never owned it before, and had never brought those two sides together, he saw how he was just like her.

He was relatively wealthy and successful, a survivor who feared no one. He'd already been through the worst, and his indomitable will to live literally blazed from his eyes. When he finally saw the gifts his mother had given him—his will, strength, determination, and his whole career of protecting society from aggressors—he opened his heart to his mother. It was astonishing how much love he felt for the woman who had tried to kill him so many times. He saw that it was all love—that she wasn't going to be there, so she had perfectly prepared him to take care of himself, an extreme version of “A Boy Named Sue,” the character in the song by Shel Silverstein and Johnny Cash.

The instant this man saw the blessings that came from his extraordinary experiences, and that the benefits perfectly balanced the difficulties, his heart spontaneously opened up to his mother. His face lost ten years and seemed to radiate light. The deep but repressed love he had always had for her came flooding out. That experience changed his life. He stopped trying to seek revenge upon her by proxy, and changed his career, going into preventive law to help people before they got into the justice system and were imprisoned. He stopped judging his mother so deeply and began to release his many judgments of himself and others.

“In a dark time, the eye begins to see.”

— Theodore Roethke

You are a full-quantum being, but in your mind, you can be fooled and deny or disown half of yourself. When you imagine that you have more positives than negatives, you disown half of your experience, and the negativity becomes your disowned part. Ironically, whatever you disown in yourself you attract *into* your life

in one form or another. You marry your disowned parts, become business partners with them, and attract them as clients and friends. Whatever you don't want to see or appreciate in yourself, you keep attracting into your life until you learn to love it. You can't escape your full quantum.

When you open your heart by acknowledging the magnificent design of the universe that you've been given, with *no mistakes*, just positive and negative homing devices to guide you, you start to be grateful. Gratitude is the key that opens the gateway of the heart and allows the unified field theory of love to fill your life. Gratitude makes you *present* with whatever you're doing. You are not here to run from away from sadness to happiness, because fulfillment is not possible when you deny half of your existence. Either side alone is only half-fulfillment. Something grand and far beyond either of those fleeting emotional states is available to you. This book is not about the myth of happiness; it's about the truth of balanced perception that brings you back to love.

Pain and Pleasure

We all feel both pain and pleasure. Anytime you think you're feeling more pleasure than pain, you're living an illusion; you're repressing something and you don't even know it. Or whenever you think, *I'm having more pain than pleasure, I'm suffering right now*, that's also an illusion.

I've done this exercise thousands of times: I can take people who think they're depressed and ask them a series of questions, and they can take themselves out of depression and right into love. I can also take people who think they're happy and ask *them* a series of questions to take them out of happiness and into love. Both emotions are just illusions, lopsided perceptions. They are masks of tragedy and

comedy that veil our true nature. The moment you balance your mind, your perceptions of pain and pleasure disappear.

Let's say you were doing some job around the house and you smashed your thumb with a hammer. Just as you began cursing and leaping around the room, the doorbell rang. If the person at the door had come to congratulate you on just winning \$50 million in the lottery, you probably would notice little or no sensation of pain in your thumb. When pain and pleasure are perfectly balanced, both disappear.

When I was president of the Cancer Prevention and Control Association in Houston, Texas, I worked with many people who had what was called "severe intractable pain." Some were living on significantly high doses of medication. In an amazingly short time, I was able to take these people successfully through a mind exercise where they played with their perceptions and associated a series of pleasures with their pain. In almost every case, their unbearable pain diminished or simply vanished.

They'd ask, "Where did it go? This doesn't make sense, but I can't feel any pain at all. You didn't give me an injection or anything; all we did was talk. What's going on here?"

The funny thing is that pain and pleasure remain perfectly balanced at every moment, but you selectively attend to one side or the other and feel pleasure or pain accordingly. There is both pain and pleasure in youth and age, poverty and wealth, solitude and multitude, illness and wellness. There is happiness in hovels and misery in mansions, and vice versa. This may be completely contrary to popular belief, but nothing changes between any of those two polarities except the *forms* of pain and pleasure; in terms of quantity and quality, they are perfectly conserved.

You have the capacity at any given moment to realize this pleasure-pain partnership and bring your mind into balance. Doing so will release the love and light that lie dormant within you. It's hard to believe that something so seemingly simple could be the source of

such extraordinary power. It's hidden, but so is electricity until you flick the switch and make the connection.

Love is simply a state of nonseparation, where you perceive no division between yourself and some aspect of the world. In that wholeness and oneness, you experience what the ancient Hindu philosophers described as the highest state of consciousness, where whatever you see is you—*Tat Tvam Asi*, “That Thou Art.” That's what sets you above the ordinary and makes you *extraordinary*. To the degree you tap in to that state, your dreams are in your hands. You have access to an infinitude of possibility because you're now tuning in to your infinite potential through the balance of love.

In my profession, I don't just speak to audiences, I also work clinically with people, one on one. And in my experience with thousands upon thousands of people, I've seen that down inside the soul and the human heart of the individual is a core of radiant love. I have not met *one* parent who, deep down inside beyond the facade and emotional shell, didn't have an unbelievable amount of love for his or her children. No parents are without love for their children, and no children are without love for their parents.

That *is* the unified field theory, the unified force that immortalizes people. When you can tap in to that source, whatever you dream is yours. In that state, you know why you're here, you're filled with certainty, and your mind becomes clear and focused. When you feel worthy of having your dreams, they appear. Your innermost dominant thought becomes your outermost tangible reality. Whatever you think about—and thank about—you bring about.

You have the power to create what you imagine, in direct proportion to how much love and gratitude you have in life, because your self-worth allows you to magnetize and attract those things into your life and make your visions real. When you know that you are loved no matter what, you have great power.

Turning Lead into Gold

We each have a unique destiny, and the power to create it, but charged emotions often cloud our vision and cause us to lose sight of our dreams.

I once had the opportunity to work with a 13-year-old girl in California who dreamed of earning an Olympic gold medal. Since the age of four, she had been devoted to gymnastics; working an average of seven to eight hours a day, five and sometimes seven days a week. The gold medal was almost all she'd ever dreamed of. Her mother saw the dream and did everything she could to earn the money and whatever else it took to make the dream come true.

I was called in because her Russian coach, who was rough, tough, and extremely disciplined, was challenging the young gymnast to the point of being overwhelmed. He was harder on her than anyone else, and his brute-force tactics and criticism were just too much. She wasn't eating or sleeping properly, and she was losing her vitality. She simply couldn't handle the pressure. She kept missing one of her vaults because she was so distracted and afraid that she'd blow it and that the coach would ridicule her.

I sat down with this girl and went through every single detail of the vault until she could see it exactly the way she wanted to do it. I took her, in frame-by-frame slow motion, through every part of her run, jump, twist, and landing until she could visualize every element perfectly. We choreographed it backward and forward until she could do it flawlessly in her mind. The next time she got up, she did the vault perfectly. Until then, she hadn't been able to "see" it. Her emotions about her coach had impeded her innate skill.

Next, I went to the gym to meet with the coach, and he was really tough. Every time this girl or anybody else made the tiniest error, he made them climb a 40-foot rope ten times without using their legs. Ten times! That means if they made three errors in the first hour of

practice, they had to climb the rope 30 times. This man was a former gold medalist himself, a very strong and powerfully built man who spoke English, and I went up and chatted with him.

I said, “Your tactics . . . I notice some of the girls are dropping out, some are feeling pretty confronted, and their health is suffering. They’re not eating, they’re frightened,” and so on.

He said something that shifted my perspective and really helped me. In his intense, broken English, he said, “I come from Russia; America hired me to come here. I come for gold; I am here to make gold. They cannot make mistakes. If they go one millimeter over, ten years of their lives is thrown away. It has to be *perfect* for the gold. They will hate me, they will think I am terrible and scream at me and not want to look at me, until the day they get their gold. Then I will be the first one they come to and hug. I am not here to be liked; I am here for gold! For America!”

I went back and shared his inspiration with the young girl. I took her through The Quantum Collapse Process to help her see the benefits of his challenging manner. So many people, including her mother, were supporting her with pleasure that the balancing challenge or pain had to come from somewhere, and it was from him. When she reframed her perspective on the value of his discipline and saw it as *love*, her performance became phenomenal. She realized that her coach’s discipline was a sign that he loved her, saw her potential, and thought that she was capable of the gold. He was tougher on her than on anybody because he knew it would crush her to lose after all those years of work. If he allowed her to be anything less than perfect, that little margin of error would make the difference between silver, bronze, or no medal at all. Being nice could cost that young girl her life’s dream.

With this new understanding, the girl’s entire perspective changed, and she started working even beyond her normal practice sessions. She saw both sides of love and was able to turn the base

synthesis of all polar-opposite emotions. Some say that love is blind, but it's not; it sees clearly. Emotions are blind because they see only one side. When you run your life by infatuations and resentments, you disempower yourself. You give your power away—not because of anything others do, but because of what *you* do.

The gift of this planet is that you're surrounded by love, because the definition of love is both sides of experience: praise and reprimand, support and challenge, being lifted up and put down simultaneously. That is divine will. Theology describes it as the right and left hand of the Creator coming down to make sure you're always in balance. When you see and honor this balance, your life is transformed; you're liberated.

All positive and negative particles in the universe come in complementary pairs; at every level of creation they come into existence simultaneously. Everything has two sides. Scientists have recently found that the bubonic plague, the Black Death that swept through Europe and killed one-third of the population in the 14th century, has bequeathed immunity to AIDS, the great plague of the 21st century. More than 10 percent of those of European descent carry an immunity to this modern virus. That same plague also destroyed the feudal system that perpetuated extreme poverty and stifled education and social evolution. From death comes new life.

There is a divine justice system, and you can't screw it up. Have you ever noticed that when somebody tries to praise you beyond your true worth, you'll put yourself down in front of them? And if someone tries to cut you down below your true worth, you'll lift yourself up to balance it? If you're judging yourself too harshly, the divine justice system will do whatever it takes to equilibrate you. No human justice system can approach the perfection of divine justice; it is beyond our full comprehension.

The heart is more powerful than the intellect in this area. It knows the truth and waits patiently, while the mind slowly comes to an enlightened understanding. The rest of this book is devoted to waking your mind up to the perfection that already exists, so your heart can come forward and direct your life.

Exercise 1

If you're still judging yourself, beating yourself up for something you've done or not done, it's time to look deeply and see how it served you and others and get on with your life. It's impossible to harm someone without directly or indirectly helping them at exactly the same time, because everything is balanced, and everything ultimately serves physically or metaphysically. That's not an excuse, it's the truth, so it's wise to wake up and stop punishing yourself over any illusions.

If there's a fragment somewhere in your life that you think is too difficult to love, just know that that's an illusion. You *are* truly worthy of love. Say this affirmation: "*No matter what I have done or have not done, I am worthy of love.*" When every single cell of your body gets it, so will you, and so will your world. When we love, we step into the full quantum state, we align ourselves with the forces of life, and the power of the whole *universe* is suddenly behind us.

Exercise 2

Every person, place, thing, idea, and event in your life has two sides, and when you see them clearly, you realize that everything is love and you can be grateful. I encourage you to take the time to do this exercise, even if you have to do it in little chunks and pieces.

Chapter Three

Living Dreams



"There is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. . . . Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

— Johann Wolfgang von Goethe

Ibelieve that deep inside, at the core of our being and the essence of our existence, we all have a mission for life. We each have something of genius, something that calls to us. We live in an incredibly magnificent universe, and part of us knows this and calls to us with an infinite amount of energy to make sure we don't miss out on the gifts and opportunities that surround and fill us. Gratitude is the key to fulfillment. Gratitude and self-worth come hand in hand, and great worth comes from gratefully fulfilling our dreams. We all have a dream, a vision, and a purpose, and it takes only a moment of clarity and *presence* to bring it out. Everything that happens to us is crucial to the awakening of that essence, and one of the strongest directing forces is this dream we have inside.



My Great Mentor Appears

Before I was able to go to college and pursue my destiny of awakening human potential and discovering our relationship to light, a vital component needed to come to me. We all have great teachers who show up in our lives, great friends, loved ones, or guides who arrive at exactly the right time to give us the powerful lessons and experiences we need to fulfill our destiny. Mine appeared when I was 17 years old.

After leaving my first mentor in El Paso, I went to California, then on to Hawaii, where I lived my dream of surfing some of the biggest waves in the world. Once again, life showed me its balance when I contracted strychnine poisoning and nearly died. I remember walking outside a grocery store one day, feeling dizzy, and then blacking out. About four days later, I woke up in my tent hidden away in the Hawaiian jungle. I was covered with vomit, urine, and feces, completely dehydrated and virtually on my deathbed.

A lady who lived in the jungle nearby happened to be passing along a path by my tent and heard me groaning. After taking a quick look at me, she ran to get some fresh passion fruit juice, orange juice, and vitamin C, and she poured them down my throat. I wouldn't be here today if not for this woman. She appeared to help me at the very moment of my greatest helplessness, staying with me for four days to clean me up and care for me.

On the fourth day, she helped me walk to a little nearby health-food store, and as we walked out, I saw a flyer on the door. It said "Yoga Class—Special guest speaker: Paul Bragg. Sunset Recreation Hall, Waimea Bay."

Something inside me told me to go. I wanted to gain control over my weakened and spasmodic body, and I had heard that yoga could help integrate body and mind, but more than all those logical reasons, that little flyer was somehow calling me.

I walked into a room with about 35 people, all of whom were sitting on towels. Standing in front of them was a 93-year-old gentleman who had perfect vision and all his hair and teeth. He was an absolutely alive, vibrant, present individual, such as I'd never met before.

He started to lecture on what he called "universal laws." He said we're only as old as our spines, and if our spines are rigid, so are our bodies and minds, and if we lose our visions and inspirations, we decay and die. In his 45-minute talk, he spoke about things I had never heard or imagined before, and he *inspired* me.

At the end, he said, "All right, you young people, tonight we're going to decide your *destiny*. We're going to find out what you're going to do for the rest of your life—we're going to determine your life's purpose. I'm going to give you ten minutes to reflect, and think about what you want to dedicate your life to, then I'm going to take you through an experience, and it's going to come true."

When you're 17 years old and someone tells you that *exactly* what you decide right now will happen in your life, it's a pretty spooky experience. But his certainty was far greater than my doubt (and whoever has the most certainty rules), so I sat there on the floor and reflected on what I truly wanted to do with my life.

Sitting there, I suddenly flashed back to Mrs. McLaughlin, my first-grade teacher, saying, "I'm afraid your son will never read, write, or communicate. He'll never amount to anything." I then flashed to the old bum in El Paso with his emphasis on love and wisdom. Next I saw myself lying in my tent, nearly dead, and finally I flashed back to the room, looked up at Paul Bragg, and said to myself inwardly, "I know what I want to do; I know *exactly* what I want to do. I want to dedicate the rest of my life to the study of universal laws, as they relate to mind, body, and spirit, particularly in relation to healing. I want to travel the world and share that with people."

In that moment, I *knew*. I can't describe exactly how that felt, but it was an incredible revelation. Each of us has some special moment

when we know what we're here to do. Sometimes we filter it out with doubt, fear, and guilt, but our spirits and hearts know, and they wake us up in momentary glimpses and call us to action.

In my life, that was my time.

Then Paul Bragg said, "All right, now that you know, we're going to do a special guided-imagery meditation." He had a mandala,¹ and he came to each of us in turn and said, "Open your eyes. Look at the mandala. Close your eyes. Open your eyes. Look at the mandala. Close your eyes."

He guided us through an incredible experience. During the exercise, I imagined myself walking through an arched stone tunnel with light at the end. I came to a balcony overlooking a huge square where 40 feet below stood what seemed to be a million people. I began to speak, sharing a message on universal laws and spiritual healing.

That virtual picture was so vivid that I couldn't distinguish it from reality. I sat there crying tears of inspiration for 15 minutes, overwhelmed by such a revelation about my destiny. In that moment, I knew from the depth of my heart what I would love to do.

In your heart, you, too, know what you would love to do, even though there may be a part of you that doesn't think you can do it. (Or, if you think you don't know, you will by the end of this book.) Never lose the dream, because it *is* your love and your wisdom. Nothing can take it away from you.

I came out of the meditation, and Paul Bragg said, "Well, you young folks, I really appreciate your having me here. By the way, every morning I have a little gathering of my students in the barracks at the center of the island. If you'd like to join us, please come. Gather! We'll get some exercise, some fresh water and fruit, and have a little class."

The next morning, I hitchhiked to the center of the island and met him at the barracks, where about 20 students had gathered. They

¹ Mandala—a balanced and harmonious symbol, drawing, or image of universal wholeness.

topics, choose a date, and give your presentation before the class.”

My talk was about six weeks away, and I chose to speak on “Referred Pain: The Impact of Pain and Pleasure on the Human Psyche.” Even the subject was part of life’s perfection and my destiny; today I work with people who assume that there is pain without pleasure in this universe, which is both a myth and a mystery.

I hadn’t spoken in public before, and from the moment I got the assignment, I started having anxiety. It began with heart palpitations on the first day, and more symptoms developed with every day that passed. The day before my speech, I had diarrhea, a sore throat, memory loss, dizziness, itchy eyes, bumps on my tongue, and stomach cramps. The next morning, I got to class knowing that I’d have to speak. As the girl sitting in front of me got up to give her talk, she grabbed my hand and said, “Wish me luck,” but while she spoke, all I could think was, *Oh my God! It’s my time!*

Sitting there awaiting my turn, I forgot the title of my talk, I forgot my topic, I forgot my *name*. I forgot everything—I didn’t know who I was! Finally, she finished, and the professor called . . . the person behind me. He skipped right over me, and to this day, I have never given that talk. I was the only person in class who didn’t speak.

That night I went home and cried, not from sorrow that I didn’t get to talk, but sorrow that I had let six weeks of my life go by in paralyzing anxiety over something that never even occurred. Have you ever had perceived misery and anxiety over something that turned out to be nothing? At that moment, I made a commitment. I said to myself, “I will do whatever it takes, travel whatever distance, and pay whatever price, to *master* this thing called speaking.” The next day I signed up for every council in the school. I took on every opportunity to speak because I was determined to master it.

I faced my fears and set out to master public speaking, and years later I was asked to speak in Las Vegas before 8,000 people, where I got to meet author and lecturer Wayne Dyer. While he was getting

ready for a photo session, I quickly said, “I would like to become an international professional speaker. Can you give me some advice and direction?”

Dyer is a very tall man, and he looked down at me and said quietly, “Just start telling people that you’re an international professional speaker.” The expression on my face was like, “Uh-uh, and what else?” so he repeated, “Just start telling people that.” He kept it really simple.

I said, “Oka-a-a-y, I’m an international professional speaker.”

That one idea changed what I said to myself and to others, and whenever anybody asked me what I did, I said, “I’m an international professional speaker.” Only a few weeks later, I was asked to speak in Canada, to give a paid speech internationally, and I thought, *My God, it works!*

The masses wait to see it to believe it, but the master believes it and *then* sees it. The master affirms and believes it ahead of time. We create our lives with our thoughts, every minute of the day. I made a commitment to myself that one day I was going to speak on a program with Wayne Dyer, and last year I gave three presentations back-to-back with him. I made the commitment, and it happened. I wanted to set foot on every major country on Earth and be paid to do it, and now new countries constantly open up to me. This year it was Austria, Spain, and some in South America, and I really believe it’s because I was clear about what I wanted. I took the time to decide exactly how I’d love my life, visualized as many details as I could imagine, wrote them all down, and then took action. Write it down! Things that aren’t put down on paper get left in the mind, and a short pencil is better than a long memory when it comes to your dreams.



*image
not
available*

and the hall would look—everything.

She thought about what she'd say in her speech, which questions they'd ask and how she'd respond, what she would sing, what she would wear, and how she'd present herself. We went through it in ever finer detail, clarifying everything she could see on stage, and we hit it from every angle until she couldn't see anything *but* winning Miss Houston. She started to tear up with inspiration because she was *there*. At that moment, she had certainty. She won Miss Houston because she couldn't see anything else.

How much energy do *you* spend on obstacles and distractions because you haven't taken the time to define your mission and your dreams? What would happen if you honored and disciplined yourself to define your destiny? What could you create? The universe is doing everything it can to wake you up and make sure you get your dreams. If you reframe your mind so that no matter what happens, no matter whom you meet, no matter what the situation or challenge or obstacle, you experience it as helping you to fulfill your dream, how can you fail?

You won't rise above and beyond anything you're charged and emotional about, so the best way to do what you love is to love what you're doing right now. State your dream clearly, and then ask yourself how what you're doing right now is preparing you for your dreams. When you love and are grateful for what *is*, you get the power to turn it into what you love.

If you know that no matter what happens, your life is serving your dreams, then nothing can stop you. The minute you truly commit to your dream, watch the universe immediately bring you the sustenance *and* the challenges necessary to fulfill it. Positive or negative, supportive or challenging, peaceful or warlike, cooperative or competitive, pleasurable or painful—no matter *what* happens, if you can see how it's serving you, how can you not succeed?

Secrets of an Inspired Life

Living an inspired life requires mastering some skills, one of which is the ability to ask yourself inspirational, meaningful questions. The quality of your life is determined by the quality of the questions you ask. If you say to yourself, *I'd like to do that, but how can I when I don't have the money?* you create a mind-set that assumes you can't and stops without even trying. If, instead, you ask yourself, *How can I do what I love and be magnificently paid for it?* and don't stop looking until you find the answer, you'll get an entirely different outcome and life. Reframing the questions you ask yourself offers tremendous power.

The second secret to an inspired life is the Law of Greatest Efficiency. This law tells us that anyone or anything that doesn't fulfill its purpose automatically decays. The matter that's utilized in this universe gets dissipated and redistributed to those who are willing to fulfill their divine design. That which becomes extinct gives rise to that which is ever greater, so it's vital to be clear about your purpose. That's why I say that there's nothing wrong with retirement as long as it doesn't get in the way of your work, because the second you stop growing, you automatically undergo entropy. But even when you're not inspired and consciously following your mission, you still play a part in the divine order. There's nothing wrong if you feel like you're off purpose. Just know that your resources, energy, and life will be given to somebody else who is inspired and feeling purposeful.

Here's one final secret: The purpose of The Breakthrough Experience, and probably why you were drawn to it, is to offer you a more efficient way to listen to your own heart and soul, the inner wisdom that is infinitely greater than any external teaching. It is the *true* teacher, and when you have access to it, you begin to pay more attention to its wise guidance. When you glimpse an understanding of the universal laws and divine order, when you awaken your sense of

gratitude for the marvelous gift of life, you become inspired to live the dream you were created to fulfill.

Exercise

Create the life you love:

1. Every day, sit for a moment in silent meditation and concentrate on exactly what you would love to create in your life. Imagine every detail you can, and then even more. See your life exactly the way you would love it to be. Let your imagination be real enough to come true, yet ideal enough to inspire and stretch you.
2. Write down all that you can imagine, and begin formulating your goals. Writing down your dreams helps them come true, so include all the details.
3. Every day, take at least one action step toward making your goals come true. What you move toward moves toward you.
4. Keep records of every synchronous, goal-aligned event that occurs; they fill your life when you stop to acknowledge them. Write down all the events that come true each day that demonstrate that you're moving in the direction of your dreams.
5. Keep refining your goals, becoming clearer with each passing day about what you would love to create.

taking over in a moment of stress. Every time some voice inside says, “Who do you think you are? You can’t do that. You don’t belong here,” just know that one of your personas is frightened by your dreams because it doesn’t have the power to fulfill them, but the whole integrated you does.

Who Do You Think You Are?

Years ago, when The Breakthrough Experience was being conceived, I was asked to do an infomercial. The studio set was arranged, a host introduced me, and I came out onto the stage. All of a sudden, the electrical systems blew and there was no audio or video. I was in front of an audience who didn’t know me and wasn’t highly interested in being there. When I said, “Good evening!” they just stared in dead silence.

“Any questions on what I’ve covered so far?” I was trying to get them to laugh, but a European lady with hair piled two feet high and gold safety chains dangling from her glasses said, “Young man, *I* have a question for you. Who *are* you? And who do you think you are? What gives you the right to stand up there and imagine you have something to tell us?”

My self-righteous side was saying in a deep and reasonable voice, “Well, I’m a doctor of chiropractic, and these are my degrees, and this is my background . . .,” while my other side was saying in a high-pitched, squeaky voice, “I must be an idiot. What the heck *am* I doing here?”

All of a sudden, out of those two came this: “I am a person on a quest to study universal laws as they relate to mind, body, and spirit, particularly in relation to health. I’ve dedicated my life to it, and I’ve learned on that journey that whatever I say to you is what I’m working on in myself. I’m honored to have someone like you here so I can learn and grow.”