

LOVE VS. INFATUATION SUMMIT - Session with Dr. Lise Janelle and Dr John Demartini

Dr Lise Janelle: All right. Here we go. Thank you so much John. I am so glad, I'm so grateful that you're able to join us today. I know you're so busy, so you [inaudible 00:00:14] the time to come and speak about this, but at the same time I feel like this is so important 'cause you're the foundation, you're the cause for this summit because when I first met you in 1989 the concept that love and infatuation that profoundly changed my life, and it's the desire to share this transformation with as many people as I can because I think the distinction between both brings a lot of healing 'cause when we follow the path of infatuation we always get into depression afterwards, and resentment, and wondering what's wrong with me, which shuts down the heart, and then people wonder why they can be happy, and there's a way out, so thank you so much for being with us. I'm sure if I asked you, "John, what's the difference between love and infatuation?" You can really give us amazing answers on that.

Dr John Demartini: Well first of all, that's an important topic as you already know. We have an evaluation process that each of us make based on what we value most, so each of us have a unique set of values, and we evaluate things around us, and project these values onto people. And when people in our perception support our values we tend to open up to them. When people challenge our values we tend to close down on them. We tend to put them up on a pedestal and infatuated with them, or put them down in the pit and resent them. The ancient Greeks said, "When you see more similarities than differences you have infatuation. When you see more differences than similarities you have resentment."

But when you have a perfect blend, a perfect balance of support and challenge, similarities and differences, a real objective balance, then you have love. I've been blessed as you know doing the Breakthrough Experience, which is a signature program I do helping people make a distinction between their infatuations and true moments of grace and love. When we have a poised present, very empowered highly prioritized state we have an open-hearted love. But when we are infatuated, we're perceiving of more support than challenge, more positives than negatives, or gains and loses, more pleasures than pains, and we're blind to the other side. We're conscious of the positives with a confirmation bias, and we're unconscious of the negatives with a disconfirmation bias, and that we split our consciousness or full consciousness into conscious, unconscious halves, we store those in our subconscious mind.

And then, our animal nature in our lower amygdala region of our brain comes active, and it wants to seek with impulses this infatuation of

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desire only to be caught by the blind side as a hindsight might say of finding out the downside that we were oblivious to. And then, we end up resenting them. And then, when we resent them we see all the downsides, don't see the upsides. We're conscious of the negatives without seeing the positives, and the positives with another subjective bias, and we're missing out on the magnificence of the poised state of love when we embrace both sides.

When we live by our highest values our Executive Center comes in and we have more self-governance, more objectivity, more poised state, more presence, and we're able to love people for who they are both sides. We all want to be loved for who we are for both sides. When we infatuate we're blind to one side, and trying to avoid one, and seek the other.

Dr Lise Janelle: Can you share with our listeners with the audience how you came about developing your work in regards to the differentiation between the two? Like, what was the journey? Because I'm sure it must have been a heart-centered journey, a love journey versus an infatuation journey. Can you share about how it came about?

Dr John Demartini: Well, I noticed that regardless of doing the Breakthrough Experience all these years nearly 30 now, I've noticed so many thousands of people who regardless of the outer perceptions and personas that they wear, deep inside they just want to be loved and love people. And this is when they finally embrace both sides of people. I found that in my own experience I would get caught with an infatuation, be blind to the downsides, get smacked by it, and you might say knocked over by that infatuation, when all of a sudden the other side of the coin came. I always say that you accumulate your love by embracing both sides of the coin. In Buddhism, the Buddha said, "The desire for that which is unavailable and the desire to avoid that which is unavoidable is the source of human suffering." So we keep striving for this one-sided world and try to avoid the other side only to get smacked by it to teach us that both sides are needed. Maximum growth and development occurs at the border of support and challenge, the positives and the negatives.

I did an experiment when I was 28-years-old on positives and negatives. I took 300 of the best selling books there on the market, and I extracted the absolute most positive words I could extract out of them. I collected 2,000 of those, and then I organized those in alphabetical order, and then I thought of an affirmation for each one, and I wrote a book called 2,000 Quotes to the Wise. And then I started to affirm those, and during the day affirming them literally 1,000 times, 600 to 1,000 times a day, I

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would monitor how I felt, and I found out that no matter what I did I had ups and downs, positives and negatives, and I wasn't escaping with that other side that I thought I was escaping. I discovered that in myself I had everything.

Then I went to the Oxford Dictionary and I went through every word in the dictionary that had any behavioral trait, or any emotion associated with it, and then I discovered that there were 4,628 traits that I identified inside myself. I was nice, mean, kind, cruel, up, down, positive, negative, supportive, challenging, peaceful, wrathful, I had everything. I realized that if I was going to love myself I got to love it all. You can't love yourself trying to get rid of half yourself, so that's when I realized that there was a difference between true love where you embrace both sides, and infatuation where you're only seeking the one side and trying to avoid the other.

Dr Lise Janelle: Wow. I've heard many of your stories. This is the first time I hear this one. I love it. We know that love and infatuation does not only concern romantic life, it has an impact on all the different areas of life. Can you speak about how love versus infatuation can relate to career and finances for example?

Dr John Demartini: Well, I always say that nobody's worth putting on pedestals, or nobody is worth putting in pits, but everybody's worth putting in heart. When we walk around out in the world if we see somebody that we admire, and we're too humble to admit what we see in them inside us, and we put them on a pedestal and we put ourselves in a pit, and we exaggerate them, and minimize us, we tend to inject their values into our life in an attempt to imitate them, and envy them, and attempt to live in their values, and cloud the clarity of our own highest value where we have the most power.

And so, we disempower ourselves, minimizing ourselves to other people. This can occur because we may perceive them as being more intelligent than us, or we may perceive them as more successful than us, or we may perceive them as more wealthy than us, we may perceive them with better relationship than us, or more socially savvy than us, or possibly more attractive, or healthier than us, or more inspired, or spiritual than us. As long as we're too humble to admit what we see in them is inside us, and we're in a sense of avoiding it, and disempowering ourselves by denying that part of ourselves, we'll tend to infatuate with them, and we'll cloud our own mission, and we'll shrink ourselves relative to others, and live in other people's shadows instead of standing on their shoulders of giants.

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I think that this is what infatuation does, it puts people up, and it minimizes us, and then we self-depreciate. It's like a cat trying to be like a fish swimming. It beats itself up, or a fish trying to be like a cat climbing. It beats itself up 'cause it's not honoring itself. It's comparing itself to others and missing out on the magnificence of who it is. So I think that infatuation can block us from our own magnificence, and unconditional love, or love, the soul, the state of unconditional love is the one that liberates us, and frees us, and has equanimity, and equity between ourselves and others, and allows us the most power we have.

This is what we're all striving for. Our physiology, our are psychology, our sociology, and even our theology is all attempting to get us into the heart of love instead of caught and trapped by the infatuations and the animal nature, which doesn't experience the divine nature 'cause it's striving for the illusion.

Dr Lise Janelle: Can you give us an example of infatuation with something that relates to career for example versus something a career that comes from the heart from love?

Dr John Demartini: Yeah. Let me share a story if I can. I had a gentleman come to me many years ago who wanted to consult with me, and he says, "Dr. Demartini, I'd like you to help me become successful." And I said, "Fantastic." So I turned to him and I said, "So where are you successful?" And he said, "But Dr. Demartini, I'm not. That's what I want you to help me become." And I said, "Well, where are you successful?" He said, "Dr. Demartini, you're not understanding. I'm not, I want to become." And I said, "Well, you're not understanding. I'm asking a question, where you successful?" And he said, "But I'm not." And I said, "Well, you are."

I said, "Where are you successful?" He paused for minute. He said, "Okay. I have a fantastic relationship with my wife. We have almost 10, 11 years of marriage. We're like two peas in a pod. We have a great deal of love for each other." I said, "Great. Where else are you successful?"

"I have a son he's 10 years old. He's in baseball, and I'm the coach, and we may win the pennant this summer." "Great. Where else are you successful?" "Well, my mother-in-law lives with us, and most people don't get along with their mother-in-law, but we have this incredible relationship, and I would consider that quite successful." "And, what else?" "Well, we work in the yard all the family and we have the most

beautiful yard. We'll probably get The Yard of the Month for the summer."

And I said, "Where else are you successful?" He said, "Well, I do lay ministry at my church, and Wednesday nights and Sundays I often do my ministerial work. I set out to do that when I was 20 and I'm doing that now."

I said, "Can you see you have a series of successes?" He said, "Well, yes." I said, "The only reason you're not thinking you're successful is you're comparing yourself to somebody else. Who is it?" He says, "Well that doctor up on top of the hill. He's got that three car garage and 6,000 square foot home. He's got that big practice." I said, "Do you know that gentleman?" He said, "Yeah." "How's his relationship with his wife?" He said, "Well, he's having problems with his wife. They're having a lot of bickering, and fighting, and sometimes they want a divorce." "Does he have a son?" "Yes." "How's his relationship with his son?" "Oh, they're having problems with school with him. He's having learning problems and there's a lot of emotional issues. Yeah, there's definitely a challenge there."

"What about his mother-in-law?" "They moved out of the country to get away from her." "What about the yard?" "They have people that take care of it. I don't know if they even notice it." "What about ministerial services?" "I don't think he's involved in church in any way."

I said, "I got a question? If you could have the "business success" that he has, but you had to have the rest of those areas of his life the way he has it, would you trade with him?" He says, "Oh God, no." He says, "I'd much rather have what I have." And I said, "Well, can you see you're comparing yourself to somebody with a different set of values and not honoring your own? You're infatuated with him instead of loving you, and you're missing out on the magnificent because you keep comparing yourself. If you actually thought really carefully he's probably envying you, and imitating you, and infatuating with you and your marriage, and relationship, and spiritual quest."

He stopped, and he reflected, and he goes, "I never thought of it that way. So, what you're saying is you have just as much success as this other man but it's in your form according to what you value, but when we compare ourselves to other people and try to live in other people's values we self-depreciate. It's a feedback to let us know we're not being authentic with our own." So this is a classical story what happens when we infatuate with others, we don't appreciate ourselves.

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Dr Lise Janelle: If I'm a young person right now, and I'm trying to decide, which career to go for? How would I know whether I'm following my heart or my infatuation?

Dr John Demartini: Well, that's a great question. The purpose of our Executive Center in the frontal cortex is to see vision, strategically plan, execute the plans, and have self-governance. One of the signs of a truly inspired vision as strategically planned, the purpose of strategic planning is to mitigate the downsides and risks so we're able to embrace both the positives and the negatives, the support and the challenge, the eases and the difficulties, the positives and negatives in the pursuit of a purpose. Aristotle called it eudaimonia as it compared to Hedonism. And Hedonism was the searching for a one-sided outcome of pleasure and trying to avoid. And so, the sign of a fantasy is you assume there's all positives, there's no negatives, and if you were to have negatives you don't avoid them. The pursuit of something that is meaningful is you embrace the pain and the pleasure in the pursuit of it.

A young boy who's 12-years-old loves video games, let's say. He will work on that video game all day long if you leave him. The second he conquers the video game he wants to pursue a greater game that's even more challenging. That's a sign you're doing something that's meaningful and that's fulfilling is you're searching for challenges that inspire instead of avoiding the challenges that [inaudible 00:14:37]. So fantasy and an infatuation you're wanting the one side, and you're blind to the other, and you're not prepared for it, and if it comes you feel distressed, and you have fear of losing that which you infatuate with as grief.

But if it's something that you're willing to pursue that's deeply meaningful that's high on your values that activate the Executive Center you're willing to embrace the pain and pleasure in the pursuit of a great purpose. This is a cause that allows the person to succeed in business. If they're pursuing a fantasy the second it gets challenging they'll give up. But if they're pursuing a mission they won't let anything stop them from their mission. They strategically plan for it. They execute the plans, and they achieve it. They're willing to do whatever it takes to do it, and they can't imagine not doing it. It feels impossible for them not to fulfill it. It feels like their destiny.

Dr Lise Janelle: So you would say to young person that if they cannot see the downside of a career they're thinking of getting into that's because they're

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infatuated, and you should actually be very careful, and take the time to see the downside, and see if they're willing to pay the price?

Dr John Demartini: And mitigate the risks. To see the downsides 'cause there's always challenges. You're not going to avoid the challenges, but if you're prepared for them with foresight you're better than having trial and error through hindsight. So many people, you see this very commonly with young entrepreneurs, they have this great idea in their mind that they're all infatuated with, that they're proud of having. They just assume the whole world experiences what they experience, and wants what they want. They [inaudible 00:16:14] onto the market, and expect the market to just immediately snap up to whatever they're selling. And then, when market doesn't got bite they start to feel depressed, and then they end up blowing all their cash on something. They invested in it, but they didn't think it through, and they didn't care enough about humanity to find out what the market really needed.

So they had an infatuation based on what they projected onto world instead of having equity and appreciating other people's values and meeting the needs of others in a way that also inspires you, so there's equity between you and others instead of an infatuation with what you think the world wants. Better to find out what the world is actually wanting and find out where you're actually inspired to give it.

Dr Lise Janelle: Yes, that's very inspiring what you just said there. How would you parallel that with romantic life and choosing a partner? How would you make a parallel between what you just said and romance?

Dr John Demartini: Well, I would say that if you're infatuated you're going to play underdog, and you're going to feel like you've fallen in love, which means minimizing yourself to someone else you put on a pedestal, or you're ready to settle down. Again, minimizing yourself and putting somebody on a pedestal, and you're going to fear their loss. There's going to be a feeling of grief if all of a sudden they were to leave you, or your fear of it, you'll have jealousy, you'll have a fear of them going away. When you love somebody, you feel their presence. You can be lying there in bed, and they can be 1,000 miles away, and you'll feel their presence. You're not infatuated with them, you're in love with them, and that means you've embraced both sides.

I had a lovely lady many years ago that worked with Mary Kay cosmetics, and she came up to me, and I had spoken to the cosmetic group about 300 women in San Diego. This girl came up and did a consult with me. And she says, "I've got this man, and I just know he's

the right one, and I just want to get married, and I just know he's the right one." And I said, "But there's something whispering inside me questioning whether it's smart or not." And I said, "Well, I want you to make a list of every single thing you can think of that you admire about this man, and then go in the other room and write that down, and come back to me."

So she did. About an hour she came back. I said, "How many do you have?" She says, "79 things." I said, "Now, go and make another list for the next hour of 79 things you dislike about the man." She says, "I can't think of that many." I said, "Then, you're not ready to marry him. You better think of them because you'll be blindsided otherwise." So she went in there and struggled. It took her an hour and a half. She came back, and she said, "Okay."

"Now go in there and find out where you do all those things both the positives and the negatives." And she said, "And I do all those things?" I said, "Go find them because as long as you think he's doing something that you're not, you're going to be dependent on him, and that's going to put pressure on him and smother him. And if you can't handle the negatives on him you're going to basically want to fix him and change him self-righteously. That's going to block your love for him. You got to be able to embrace both sides of him if you want to love him, and you got to be able to own all those if you really want to love him."

So she went off and she did all what I asked. She came back, she had a tear in her eye, and she said, "I now see that the things I like and dislike are balanced. I can see the things that I didn't like I kind of pushed under the cover 'cause I didn't want to face it, 'cause I didn't want to fight like my parents."

And I said, "Well, there's going to be peace and war. There's going to be agreements and disagreements. There's going to be pleasures and pains. There's going to be support and challenge in a true loving relationship. It's there to keep you balanced and keep you authentic. It's not there to be for the fantasy of happiness all the time."

Anyways, she was now prepared. I said, "Now, in your heart do you embrace both sides of this man?" And she said, "Yes." And I said, "Did you have a tear in your eye?" And she goes, "Yes." "Do you feel the presence of him right now?" "Yes." I said, "Well, you're more ready to marry him, do you have to ask the question 'cause when your heart's open you have certainty, you don't have a question. But when you're

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infatuated you always have the question. Your intuition is whispering to you the downsides that you're unwilling to see."

Dr Lise Janelle: And if we make a parallel between treating a business like you said so wisely before, infatuated with a concept, you think it's going to be great for the world, and you don't really study whether or not the market wants it. You throw yourself into it, and then you realize after losing all your money that there was not really a need out there. When we fall in infatuation with someone we do the same thing. We project ourselves. It's going to be all amazing, and we basically throw yourself onto them without knowing whether or not that would be good for us or good from them.

Dr John Demartini: Well what we do is, like you said, we project most people, and I'm going to make a statement here that's going to shock some people, but most people are not actually feeling love for somebody initially. They're actually infatuated with a fantasy that they've projected onto them, and they've got to go through a few gyrations before they finally get to realize what love is inside for that person. It's very common.

From the time we're conceived through gestation all the way to birth and then into our life to whatever age we are, we accumulate things that support and challenge our values. The things that support it we create a search image associated with it. The things that challenge it we create an anti-search image, one we seek, one we avoid. When we're evaluating and projecting it we usually use our visual sense to find a mate because we can see farther than we can hear, we can hear farther than we smell, smell farther than we can taste, and taste farther than we can touch. So we usually use a visual sense. When we see somebody that matches the search image we get infatuated. We see somebody that goes into the anti-search image we get resentful.

But when we actually see somebody that's got both we have a feeling of respect, and a match, and love. But we sometimes get caught by our dopamine fix of infatuation until we eventually discover that. Wisdom is transcending the momentary infatuation and get to know the person. I was in the Ritz Hotel in Paris. I was with my wife many years ago, Athena, and right to the left of us was Boris Becker and his, I guess you could say his hot get date, and on the right of us was the prince and princess of Japan. Boris was infatuated with his girlfriend, which was short-lived. But the prince and princess of Japan, now over 26 years later are still together, and they had a document at the dinner table, and they're going through a 500-page document asking each other

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questions, and in different circumstances to get to know each other. When you really love somebody you love getting to know them.

When you're infatuated with them, you admire them, and you sacrifice yourself for them. When you resent them you sacrifice them for you. When you love them you put the two together and you find a mutual communication, a dialogue not alternating monologues that allow you to fulfill each other's lives.

Dr Lise Janelle: What I really appreciate in what you're sharing right now is that it kind of busts the bubble of all, you know what's most in the songs on the radio, the Harlequin novels, often the movies, it's all about infatuation in that we try to reproduce that in our life, and it doesn't work.

One young woman I was coaching last year. She came to see me at first I thought, "I'm not so sure she's going to succeed." But then, we worked together, and we did a reassessment at the end, and I asked her, "So, what was it that you most learned that impacted you the most?" And she goes, "I don't want to sound like I'm putting this down, but you taught me that there was a harsh side to life, and I had never been willing to look at it, and that's what had gotten me in trouble before." That she had not been willing to see the other side and had been just like you wisely taught me that she had been seeking the pleasure without the challenge. It doesn't sound as romantic, you don't hear the violins, and all that playing, but actually where you is something that can stand the test of time.

Dr John Demartini: That's so true. You know I always say that when somebody supports you, you can become juvenily dependent, and when somebody challenges you, you can become precariously independent. One makes you go down on your list of values, one puts you back up on top. It's the challenges in life that make you strong. It's the challenges that make you entrepreneurial. It's the challenges that make you resilient and adaptive, so it's important to be able to embrace both sides of life if you really want to love.

Dr Lise Janelle: Was there a moment in your life where you were infatuated, and you believed it was in your heart? And, what did you learn from it? Are you okay speaking about that?

Dr John Demartini: Yes.

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Dr Lise Janelle: I'm going to ask you the opposite. When was a moment where you were following your heart even though the external world was telling you, "Don't go for it."?

Dr John Demartini: Yeah. I'll do both. The first one I was about 20-

Dr Lise Janelle: Let's start again. Okay. Is there a moment in your life John, where you thought you were following your heart, but it was infatuation and through that you learned lesson? Can you share with us about that?

Dr John Demartini: Yes, I can think of two. One, when I was 21. I was definitely infatuated with this beautiful model, a Spanish model, that I found myself learning how to do pom pom dancing with when my normal day was studying physics, mathematics, and sciences. I was doing things that were quite funny. That lasted a short while.

And then, I ended up when I was about 25 I guess, I was totally infatuated with this Norwegian blonde girl that I met. Man, it was rushing right through. I thought, "This is the one. This is it." I was totally blinded.

And then, one night when I had this romantic dinner I was preparing for her, this was by the way the last time I ever cooked in my life, but she was supposed to come to my apartment at 7:30, and she didn't show up, 8:00, 8:30, 9:00, nobody showed, 9:30. I finally got in my car and went driving, looking for her. I couldn't find her at home. I went to her friend's house, couldn't find her, and thought maybe a car accident happened or something. I looked on the roads. I couldn't find her. Well, after about 10:30 at night I drove over to my buddy's place and I thought, "I'll go and get him and we'll start looking for her." Then, last effort would call the police 'cause I just couldn't imagine why she wouldn't show up.

But when I went over my buddy's place when I was about to knock on the door there's a little bit of a crack in the window, and there they were, and my own buddy, my protégé that I'd been training was there with my girlfriend. And I was a little bit, there was two parts of me, one that wanted to watch, the other part.

I was devastated that night. I just curled up in like a fetal position that night and I was so devastated 'cause I was so infatuated, and so blinded by the downsides that I hardly slept.

The next morning an older gentleman came by, named Nate, came to my apartment and said, "Man, you look pretty bad. You look like you had

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no sleep." And I said, "Yeah, it was a rough night." He said, "What is it?" And I said, "Well, my girlfriend went off with my buddy."

He started laughing, he goes, "Well, don't you know that when you allow yourself to get infatuated that's not the one." And I said, "Well, teach me more." This guy was older, and he taught me a great deal, and literally within two hours all of a sudden I was able to see the things that I didn't like about her, and they surfaced all over the place. I was blinded. I bias. I was blinded to it. And I neutralized it. And then when I was done I didn't have any feelings of grief or anything, I just thought, "You know what, this guy's really the right match for her. I wasn't." I was so infatuated I couldn't see it. Well, they're still together, 38 years later they're still together.

Dr Lise Janelle: Wow.

Dr John Demartini: I saw them finally, I actually saw him, he never wanted to talk to me again. He was afraid of me. I was fine with him the next morning, but 38 years later we finally, 36 years later, pardon me, we finally met in Scottsdale, Arizona, and had a rendezvous, and we had a big laugh about it.

They're still together, and they have three beautiful children. That was the perfect mate for them, but I was just totally blinded by an infatuation. I was devastated for that night, but with that elderly gentleman he woke me up, and made me break it. I guess that's what I love doing, helping people break their delusions and fantasies so they get grounded 'cause the magnificence of our real life is far greater than the fantasies we keep imposing on it.

Dr Lise Janelle: That's a great story. Now if I ask you the opposite. When was a time when you were following your heart, and other people were telling you, "This is a bad idea. You're just infatuated John. You're going the wrong way," is there a time like this that you can share with us?

Dr John Demartini: Yeah. When I was, let's see ... It would have been 1986, so I'd been four years into practice almost to the day. I would have been, let's see ... about 31-years-old, and I was meditating in my upstairs room at my home for lunch. I went home at lunch, had a sandwich, and went up and meditated. I got a vision of a new office in the top of a high-rise building in Houston on the 52nd floor of a beautiful building. But it was so vivid and so lucid that I was there. I came down from that meditation, and I told my wife at the time I said, "I just found my new office." She said, "Well, you just expanded the one you got, and you just got a bunch of

doctors. What do you mean a new office?" I said, "I don't know. I just know that I know that I'm to move."

It was very lucid. I was very calm about it. I went to the office. I told the doctors that, "My practice is for sale, and I'm moving my office to a high-rise building." And they looked at me like, "What?" They were shocked. Two days later I got in the car, and I drove down to the building, and asked if I could speak to somebody in leasing. I went up to the 49th floor and met with a lady named Jeanie Flansburg. I said, "I wanted to know if I could get a space here to lease in the building." And she said, "Well, what kind of company do you have?" And I said, "I'm a doctor." And she said, "Well, we don't have doctors in the building. All we have is energy, oil, and money."

And I said, "Well ma'am, I'm full of energy. I'm slick as oil, and I got lots of money. I fit right in here." And she said, "Well, that's not what we're looking for. We don't want the liability of doctors." And I said, "Well if I have to open up an energy company, just get in the building, I'm going to follow it 'cause my inspiration is so lucid, I know that I'm meant to be in this building. Do you mind if we look at the building and look at the 52nd floor?"

We went out on it, and when I walked in, and saw this vacant space I just got tears in my eyes, and I knew that I knew that this was the space. It was exactly the vision. So I turned to her with tears in my eyes, I said, "This is the place. I saw it in my vision."

She said, "You know, Dr. Demartini I'm beginning to believe you. Let me see what I can do." She got with Gerald Hines, Hines Interest, and organized for me to give them three years tax returns, a purpose statement, profit and loss statements, everything else. And anyway, two days later, actually that was Thursday, on a Tuesday, the following week, I brought in all the materials, and on that Thursday they welcomed me to the new building. I'm the only doctor that's ever been in that building. I was told that it was crazy. "How could you do such a thing? How are you going to build a practice on the 52nd floor of a building? What about your other practice?" I [inaudible 00:32:02] bombarded by people with everything. But I just knew that I knew that I'd do it, and I've been in that building now, this is going on 32 years.

Dr Lise Janelle: What do you think was the purpose of you needing to be there?

Dr John Demartini: I just felt like it represented, I was told when I was 20, going on 21-years-old, right before my 21st birthday, I met with a gentleman

named was one of the most amazing teachers, and he told me, he says, "Never live where you can't see the farthest horizon. Never let anything that any other human being creates or builds block the view of your vision." He says that, "You always want to be at the top of the mountain. You want to be out at sea. You want to be at the top of the building, or somewhere where nothing is blocking your vision, otherwise it will block your life as a metaphor."

And so, I just knew that I needed to be up on that building, and I think that surfaced in my vision, in my meditation. My other places in Trump Tower on 62nd floor, on 63rd floor of Q1 Tower, on top of the mountain. And of course, my ship that I live on out on the sea. So all of them follow that instructions and it's paid off. I've been somewhat of a visionary because of following his ideas, and his instructions, and that vision that day.

Dr Lise Janelle: That's very interesting, I can see that. I have a place in the country and a place in the city, and one of the things I love about being in the country is that there's nothing blocking my view. You have a gift for our listener. What is the gift? Can you tell us a little bit about it?

Dr John Demartini: Well, I'm a believer that each individual has a set of priorities, a set of values, things that are most and least important in their life that they live by. Every decision, and perception, and action that they make is filtered through that value system, and knowing what that is gives people a competitive advantage by making decisions that are wisely congruent with what you value most. And if you don't fill your day with high priority actions that inspire you, your day is designed to fill up with low priority distractions that don't. One builds a symphony, the other one a cacophony.

On my website is a value determination process that I've developed over the years that I've been teaching and using in many countries, and many institutions, and many organizations. It's a 13-step questionnaire that a person can follow that can help them objectively identify what they value most so they're not setting goals that are incongruent and beating themselves up, so they have the highest probability of achievement, and highest probability of fulfillment by living congruently with these values.

It's a 30-minute exercise of asking questions, answering them as objectively as possible, as possible, and summarizing them. And it gives you an idea what's really, what your life demonstrates is important to you, not your fantasies, not the injected values of mothers, fathers, preachers, teachers, or peer pressure, but what your life demonstrates

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inside you 'cause it's important to be congruent if you want to have great fulfillment.

Dr Lise Janelle: So in a way it's a perfect list to help people know what's in their heart versus their infatuation?

Dr John Demartini: Exactly. Because when you're living by your highest values you have a higher probability of resilient adaptability and objectivity, which is balanced mindedness, and therefore embrace life more resiliently. But when you're living by your lower values, you'll be more likely to be like an animal avoiding pain, seeking pleasure, avoiding predators, seeking prey, avoiding difficulties, seeking ease, and futilely pursuing that which is unavailable and trying to avoid that which is unavoidable. So, it's to your advantage to live by highest values if you want fulfillment.

Dr Lise Janelle: That's beautiful. That's nice. I really recommend this gift you're giving us right now. Can you give the listener your URL?

Dr John Demartini: Yeah. The gift is on my website drdemartini.com, that's drdemartini.com, drdemartini.com.

Dr Lise Janelle: And for those-

Dr John Demartini: It's on the left on the menu.

Dr Lise Janelle: You can also find Dr. Demartini's URL on the website beside the speakers. What are your parting words? What would you love the listener, the audience to leave with? Like the most important thing they need to know about love versus infatuation?

Dr John Demartini: Well, you don't need to get rid of half of yourself to love yourself, and no matter what you've done or not done you're still worthy of love. You know, I've gone up to people and I've asked them, and if I went up to anybody who's listening, and said to them, "You're always nice. You're never mean. You're always kind. You're never cruel. You're always positive. You're never negative. You're always peaceful. You're never wrathful. You're always generous. You're never stingy. Do you believe me?" And they would go, "No."

Then I'd say to them, "You're always mean. You're never nice. You're always cruel. You're never kind. You're always stingy. You're never generous. You're always negative. You're never positive. You're always wrathful. You're never peaceful. Would you believe me?" "No."

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Then I'd go to them and I said, "Well sometimes you're nice, sometimes you're mean. Sometimes you're kind, sometimes you're cruel. Sometimes you're positive, sometimes you're negative. Sometimes you're generous, sometimes you're stingy. Sometimes you're peaceful, sometimes you're wrathful. Would you believe me?" They go, "Yep."

They have built in intuitive thermostat to know that they're both-sided, and [inaudible 00:37:29] to be one-sided when you intuitively know you're both-sided blocks you from loving and appreciating yourself.

So I tell people no matter what side you're playing, no matter what you're doing, you're playing in a loving matrix, and you're participating in helping other people grow without realizing it. But the truth is you're worthy of love no matter what. And deep inside every parent loves his child, and every child loves his parent beyond the personas and masks that we cover our real heart with, so give ourselves permission do something extraordinary by living authentically, and embracing both sides of ourself, and the world around us. That way we can do something amazing not judging ourselves, and not comparing ourselves to other people, but having equanimity within ourself, and equity between ourselves and others. As I said, nobody's worth putting on pedestals or in pits, everybody's worth putting in hearts.

Dr Lise Janelle: Wow. I can feel your energy. I'm sure the audience can feel it too. Your passion about this. You're enthusiastic about this. Thank you for your discipline, for your determination, for all the amazing work you have done, and you've brought into my life, and now to the life of our listener. Thank you so much Dr. Demartini. And thank you-

Dr John Demartini: Thank you. I remember going all the way back to the first time we met, well in the Breakthrough Experience, and before, and so congratulations on all the thousands and millions of people you've served with all the dedication and work you've done over the years too. It's inspiring for me as a teacher to see one of my students become the great teacher, so thank you for going out and opening the hearts of other people. [inaudible 00:39:09] said, "If we help other people get what they want in life we get what we want in life." We're both getting to open our hearts by getting other people to open theirs. Thank you.

Dr Lise Janelle: Thank you. Thank you so much. Goodbye everyone. Take care.