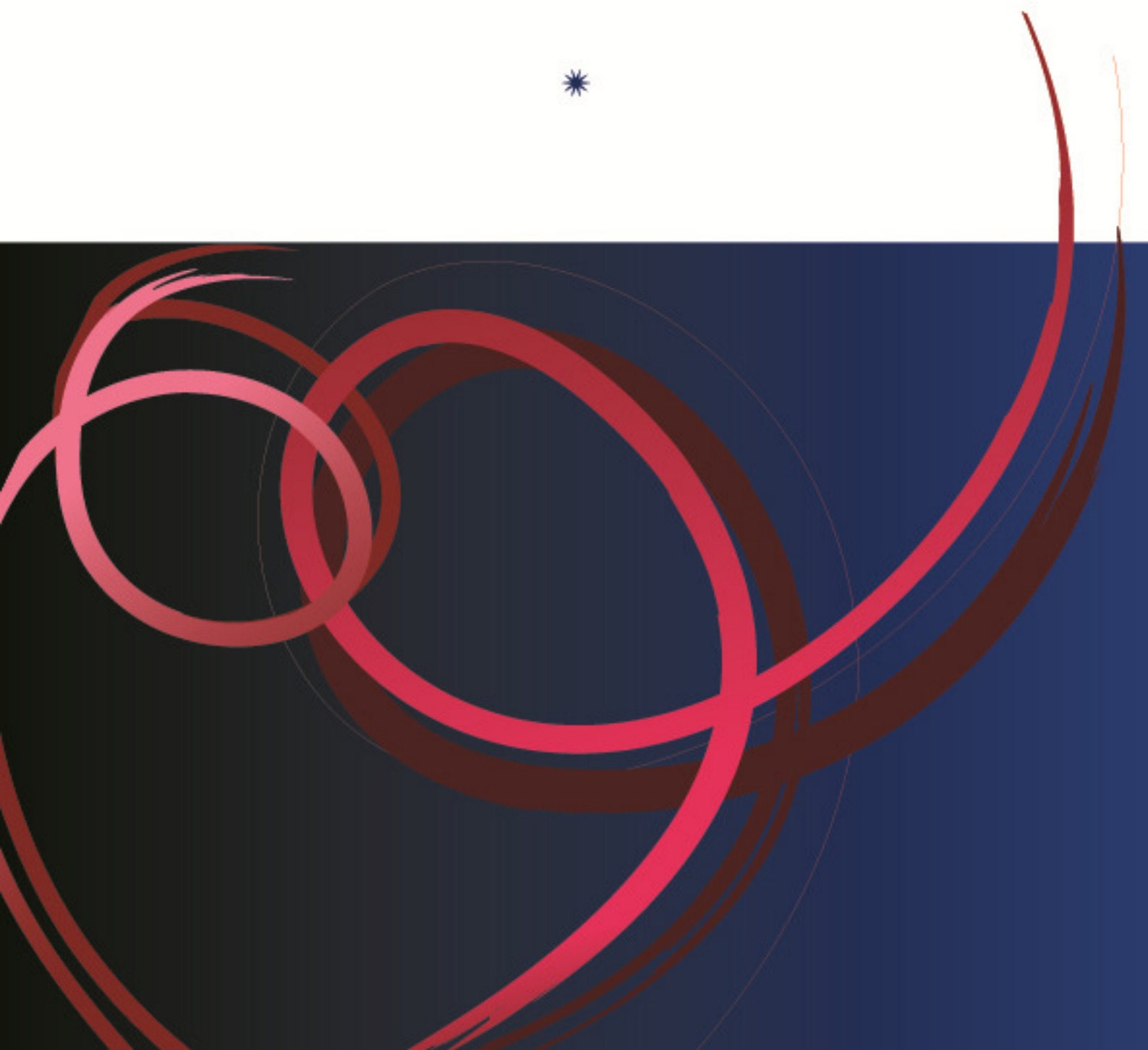


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Inspired
Relationships



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Inspired Relationships

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Love is a synthesis and synchronicity of all complementary opposites. It is not the romantic, lustful infatuation that most people imagine it to be. It is a universal expression of life demonstrated 24 hours a day in every moment and every full awareness state.

The principles and the methods presented here are applicable to every kind of relationship you will ever have; whether that relationship is your intimate partner, your relationship with your children, relationships to people in your social circles, your business colleagues, customers, clients or secret lovers, and even your relationship with yourself.

Love of self is a prerequisite to loving others. They actually go hand in hand. Everything you see in others is a reflection of what actually exists within you, though you may be too humble or too proud to admit it. If you love yourself for all that you are; you are more likely to love others for all that they are because you lift your projected conditions and expectations. You recognize that each individual displays all the many human traits in their own way. Any trait that exists serves in some way or else it would have become extinct. It is not what happens to you as much as it is your perceptions.

Love is all there is. Love is a synthesis of complementary opposites. It includes peace and war, good and bad, up and down, happy and sad and all other pairs of opposites. We live in a world of chaos and order and both make up a universal form of love. When we appreciate this balanced truth and become grateful for all that is and all that is not, our minds become balanced and our hearts essentially open to the fullness of life.

Our connections with one another, although incredibly rich with potential, seem to be one of the most misunderstood areas of life. Many of the people I meet are mired in their ideas about what makes a 'good' or 'successful' relationship. To paraphrase Ralph Waldo Emerson, the mind becomes hemmed into a thought until a greater thought comes along . . . all governed by the soul.

The greater thought I'm offering you is that you can stop kidding yourself about what relationships are and can become, as well as who you are and what others 'should' or 'must' be in order to experience fulfillment. You can wake up to the fact that not only do you participate in creating your reality, but you also take part in forging your relationships. Neither 'just happen' to you, for you are the author of your existence.

'The great enemy of the truth is very often not the lie - deliberate, contrived, and dishonest - but the myth - persistent, persuasive, and unrealistic.' President John F Kennedy

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Give up searching for happiness and appreciate all the things you have right now. Beyond the fleeting emotion that some call ‘happiness’, exists the lasting and deeply fulfilling feelings of gratitude and love. True fulfillment comes with the recognition that life is magnificent just the way it is and in exactly that moment. That there is and always will be a balance of up and down, good and bad, happy and sad. When you love and appreciate the world the way it is, and embrace the balance of complementary opposites that life offers you, you are given more to feel love and appreciation for.

Regardless of the circumstances, everyone oscillates between feeling up and down throughout their entire lives, and you’ll experience both sensations in every relationship, no matter how ideally it begins. You’ll have periods of comfort and discomfort. At times, you’ll be treated with what you perceive to be kindness, and you’ll also receive what at the time appears to be cruelty, no matter how ‘wonderful’ or ‘beautiful’ your mate may seem to be.

Happiness isn’t the reason for being with someone, anyway. In fact, after the initial crush wears off, your disillusionment (the realization that ‘Oh, boy—this one isn’t going to make me happy either’) serves as a reminder of this basic truth. During the infatuation phase, you see mostly one side of the coin - the attraction, positive traits, and potential for happily ever after - but that’s delusional. This phenomenon of selective perception of positives is so common that psychologists have a name for it: the ‘pink-lens effect.’ Ever hear of rose-colored glasses? Likewise, as a relationship matures, you can choose to see the negatives for the most part, but that’s equally delusional.

The purpose of relationships is to help awaken you to the inherent balance existing within and around you, and to assist you in acknowledging your own magnificence and wholeness.

Both of these phases reflect imbalanced perspectives, and neither can be called true love. To experience true love, you’re wise to moderate the two extremes of infatuation (which breeds fear of loss and desperation) and resentment (which breeds distrust and disparagement). You learn to neither cling to someone else, nor long for something that you perceive you don’t have; you feel grateful for what and who are in your life right now. You love what *is*.

This doesn’t erase the ups and downs, the tick-tock of emotions. Instead, it dampens or narrows the oscillation. In your life, and because of yourself and no one else, you’ll still be happy and sad, accepting and rejecting, nice and mean, generous and greedy, polite and rude, and so on. You’ll be and feel *all of this*, because that’s just how humans are: We require both complementary sides of life to thrive.

For centuries, people have been promising to recognize, acknowledge, love and live with complementary opposites - for better and worse, in sickness and health, richer and poorer

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But, we fail to accept what is when it happens. After promising to gratitude and unconditional love, we charge right back to pushing our own expectations and needs onto others, with little heed to their expectations and needs. We devalue our loved ones and ourselves in the process.

Value-dation

Every individual on this planet; regardless of race or creed, color, age or sex lives by a set of priorities, a set of values; things that are most important to things that are least important; whatever is highest on their values is what they are inspired to fulfill. It is what is most meaningful to them, it is what is most important, it is what they want to bring into their life and fulfill. Whatever is highest on their value is their identity. They identify themselves by their highest values.

If a mother has a high value on children and has three beautiful children under the age of five, and you ask her who she is; she will say that she is a mother. Her life will be focused on that. She will see things and act upon things and make decisions according to that. Her husband or partner may have a different set of values; may be dedicated to business or entrepreneurial spirit and he will identify himself as an entrepreneur.

How do you identify yourself?

How does your partner identify themselves?

Whatever is highest on your value is what you identify yourself by. It is what is most important, it is what is meaningful, and it is what you are dedicated to. No two people ever have exactly the same values - they are fingerprint specific, nobody has the same viewpoints on life, and nobody has the same voids driving those values, and things that are missing that they are trying to fill.

What do you perceive as missing in your life?

What do you think your partner perceives as missing in their life?

Whenever you are interacting with a person, you are living in your values and they are living in theirs. Every decision that you make and they make is based on what you and they perceive will fulfill your and their values most. You will make decisions based on what you think will give you the greatest advantage over disadvantage, greatest reward over risk. Every decision at any moment is based on that.

To expect a human being to live outside their values is a delusion. To expect yourself to live outside your values is delusional.

Anytime you expect yourself or others to live outside your or their values, you will end up with what I call the ABCD's of negativity: anger and aggression, blame and feelings of betrayal, criticism and challenge, despair and depression.

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Whenever you are in a relationship with somebody; if you believe that your values are more important than theirs, become a little self righteous, and think that you have more offer than them, you will project your values onto them and expect them to live more in your values. And you will talk down to them, carelessly, because you care less about their values than your own.

Have you done this in your relationship?

You will think you are right, everybody thinks that they are right. Whenever they meet people that have similar values, they call them friends. Whenever they meet people they have values that are different, they will typically call them enemies. They open up to and are gullible to and are actually prey to people who have similar values. People that challenge their values, they close down to or are skeptical to and are predators to. Anybody that challenges your values, you tend to put them down. When somebody supports your values, you tend to lift them up. If you project your values onto them and think that their values are less important than yours and you are careless, you will expect them to live in your values and not their own.

But every decision that they make is based on what they think will give them the greatest advantage over disadvantage, greatest reward over risk in their values system. Therefore the second you project your expectations on them to fulfill your values, you are going to end up with anger and aggression, blame, feelings of betrayal, criticism and challenge but in fact they never betray you. You betrayed you by projecting an unrealistic expectation on them to live in your values. They are simply attempting to fulfill their values.

If you are the underdog and you minimize yourself to somebody and you put them on a pedestal, which you typically do when you feel they are supporting your values more than challenging them, you tend to inject their values into your life and attempt to live according to their values. Whenever you attempt to live according to someone else's values, you will automatically live with a moral dilemma inside because you are making decisions according to your own values, but are attempting to live according to somebody else's. Whenever you do that, you will think: 'What is wrong with me? Why can't I stay focused, why can't I be disciplined, what is wrong with me, why do I keep making mistakes, why can't I stay doing what I think I should be doing?' That is because you are going to keep going back and making decisions according to your own values. So you will minimize yourself in comparison to anybody you put on a pedestal.

Have you been infatuated with somebody in your life? Did you notice that when you are infatuated, you tend to sacrifice what is really important to you, initially, until you build up enough resentment to set yourself free from that and take them off the pedestal to get your life back?

Every human being wants to be loved and appreciated for who they are - their identity is their values and they want to be loved and appreciated according to their values. There is a full spectrum of people in the world that we are surrounding ourselves with that challenge and support our values. You are constantly being supported and challenged in your life. Again, you open up to people who support your values and you close down to people who challenge your values. We as individuals are doing whatever we can to fulfill our values. Fulfillment means

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feeling full in our mind these values. So we are searching and seeking for anything that will fulfill our values.

Would you agree that a mother in a mall will spot situations and items in the mall that are related to children, because of her values (her children) are highest? Her husband will see a completely different mall. She has what is called Attention Surplus Order in buying the things that are important to her while he has Attention Deficit Disorder in that area. Then what is important to him, he has Attention Surplus Order and she has Attention Deficit Disorder according to his values.

If only we'd stop trying to be happy, we could have a pretty
good time.
— Edith Wharton

There are many fantasies and myths on relationships in textbooks, literature etc - they undermine relationships. The desire for that which is unobtainable is the source of human suffering. We search and seek that which supports our values but if we got only what is supporting our values, we would become juvenily dependant. Imagine if a child got whatever supported its values 24 hours a day, whatever it wanted, whenever it wanted and however it wanted it, it got it. It would end up being juvenily dependent. It would not mature. Have you seen people who you think never really grew up? These are basically people who have been given everything that they want, any time, and they are dependent on the person giving it to them.

Yes! That's What I Love!

Wouldn't it be useful to be able to tell someone what's really important to you, or even better, to know it for yourself? Not what you think 'should' be significant based on your upbringing and the culture in which you now live, but what's actually essential and fulfilling to you? Suppose you could realize your key values hierarchy just by looking at your habitual actions and thoughts with fresh eyes?

Values aren't mysterious, and they don't play hide-and-seek. They're as plain as day in your home, office, and car - everywhere you live your life.

Despite this, most people are not entirely clear on what's really important to them. I've met many individuals who profess certain values but whose actions demonstrate something altogether different. In the majority of cases, it's not a matter of deliberate deception, but more a result of their distorted perceptions of what's real for them. They've been so influenced about what their value system 'ought' to be that they overlook what their life demonstrates and therefore what it actually is.

Not so long ago, I met an accomplished surgeon who had recently given birth to twins. She was attempting to be supermom: be there for the boys 24/7 and orchestrate lots of family activities

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and play-dates, keep up her own fitness, take care of the house and all the meals, and more. Whether you think this sounds like a delightful ambition or a terrible burden, your reaction is based on your values. It was making this woman crazy, and she was ready to explode.

This new mom sensed emotions that she was ashamed to admit: anger and frustration. She thought that she needed to get a better handle on her feelings to smooth everything over, and she believed that her husband needed to step up to the plate and help out at home.

When we started talking about her priorities, though, it became apparent that the solution wasn't some new psychological tool for herself or to 'fix' her husband. Instead, she needed clarity about the kind of life she would really love for herself. What she'd created wasn't fulfilling her and had little chance of ever doing so because it did nothing to honor her highest value. By taking on the challenging roles of mom and homemaker to the exclusion of everything else, she began to feel that she'd 'sacrificed' what was most important to her: developing and practicing her skill as a surgeon who saved lives.

This wasn't easy for her to admit. After all, she lives in a society that, for all its bluster about equality, still deems women who don't put family first as somehow cold, masculine, or otherwise deficient. She resisted for a long while, bursting into tears, berating herself for being selfish, and sheepishly questioning whether it was okay for her to feel this way.

In the end, she was courageous enough to acknowledge the truth: Although she adored her children, raising her family was a value that ranked slightly below her professional calling. She recognized that it was difficult for her husband to help her in any meaningful way and that she was projecting a fantasy—'shoulding' on him. In fact, because she wasn't earning her previously generous salary, her husband had to spend extra time at work to make up some of the gap in their income, and he constantly came home exhausted.

She decided to make some changes: to carefully select someone who could help with child care, to hire additional assistance around the house, and to resume a part-time schedule at the hospital. Her \$1,000-an-hour compensation would more than pay for these new services, ease the financial burden so that her husband wouldn't have to work so much, and help her experience the fulfillment she craved.

She also determined that she'd be careful not to let the hospital run her life the way it had in her younger days because that would impinge on her time with family, starting a different cycle of dissatisfaction and unfulfilled goals. Instead, she decided to allot her time according to her values, and the relief she felt just from making this decision was immediate.

Being consciously aware of your own belief system simplifies many aspects of your life. If you're clear on what's important to you, previously murky ethical dilemmas get sorted out fairly quickly. You become a more integrated person and expand your perspective, and you even find it easier to appreciate and love others.

If you truly know yourself, then your mission becomes less puzzling, less variable, and more

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stable. That's because your purpose is revealed at the pinnacle of your values hierarchy. To understand this, imagine your soul above you, with its limitlessness and united consciousness, and then visualize your mind below, with its self-righteous and self-wrongeous illusions. As you look down from your soul's perspective, what does your mind seek to fulfill? What is the 'void' that it perceives, and what does it hunger to taste again and again?

A sense of emptiness is the belief that you're missing something or someone, and you give importance to the assumption that you can be satisfied if you fill your perceived void. That's what I mean when I say that voids determine values.

The more you link all areas of your life and all everyday tasks to your highest values (purpose), the more meaningful and fulfilling your life becomes. When you see how whatever you do is connected to your mission, you begin to love what you do - and therefore, do what you love. If you have any 'undelegatable' daily action that you're not inspired about, yet you know you're going to do it anyway, find ways to link it to your most significant goals - and watch your vitality grow and your goal become even more alive.

To link the action to your values, ask yourself, 'How specifically does this action help me fulfill my highest values and purpose?' Don't stop answering this question until you're grateful for having the opportunity to do the action and can feel the resultant surge of energy.

Understanding your own values opens up a greater possibility of creating fulfilling, long-lasting relationships. Keep reading, and you'll discover how to communicate in a way that links your ideals with others', which is the single most important skill in developing, maintaining, and enriching your relationships.

Before you begin linking a previously uninspiring activity to your purpose, or connecting your goals with someone else's, you must start by identifying your own values, which are unique to you. The core beliefs you hold and their hierarchy or ranking influence how you perceive (selectively attend to) and how you act in (selectively intend upon) your world. They also, therefore, determine the results you produce and, ultimately, the course of your life.

Your values will tend to express themselves in some or all of seven areas of life: spiritual, mental, vocational, financial, familial, social, and physical. Each is equally valid as an avenue for a deeply fulfilling connection with the universe. In my experience, about 75 percent of men tend to value mental, financial, and vocational, while about 75 percent of women tend to focus on familial, social, and physical. Twenty-five percent of men focus on the areas more common to women, and vice versa.

There are seven basic fears that can run your life and keep you from living your life to the fullest:

1. Fear of breaking away from the system of a perceived spiritual authority. (I don't want to be considered a bad person or go to hell.)
2. Fear of not having enough mental capability. (I'm not smart enough. I don't have the

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- credentials or degree.)
3. Fear of failure. (I'll fall short.)
 4. Fear of losing it all financially. (I'll go broke or bankrupt. I won't make enough money to survive.)
 5. Fear of losing loved ones. (My parents might disown me, my lover will leave me, or my kids will hate me. . . .)
 6. Fear of societal rejection. (I'm afraid of what everyone will think, I won't fit in, and people won't want to be with me.)
 7. Fear of not having physical capability. (I'm not tall enough, strong enough, or good-looking enough. I don't have the energy for all this.)

If, for example, someone's been brought up with a form of religious indoctrination, even if that person has left the organized practice of that faith, the residue of those values remains; and former followers may hesitate to put their full personal hierarchy ahead of the old ways. This fear might reflect such notions as spirituality (as it's been narrowly defined), connection, or acceptance. I constantly meet people who desire wealth but are held back by a spiritual counter-value coupled with an ingrained belief that money's the root of all evil, or its 'dirty,' and so on. So they're experiencing a conflict of values: material wealth versus religious codes about affluence.

It's important to remember that fear is the result of an unbalanced perspective. Let's just get clear on what you'd really love in your life and acknowledge any areas of apprehension that exist. Internal conflicts are common, but you can ferret out your true self by looking at your life in a particular way. Your values system will become evident as you answer 12 simple questions:

1. How do you fill your space?
2. How do you spend your time?
3. How do you spend your energy?
4. How do you spend your money?
5. Where are you most organized?
6. Where are you most disciplined?
7. What do you think about?
8. What do you visualize?
9. What do you talk to yourself about?
10. What do you speak about with others?
11. What do you react to?
12. What are your goals?

Let's take a look at each of these in turn and see how they all fit together, like puzzle pieces, to answer the most important question: What are *your* values? Write down at least three answers for each question. You may find that there are a number of answers that are the same or similar. Add these up to find out your hierarchy of values.

1. How Do You Fill Your Space?

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As the ancient Greeks asserted, nature abhors a vacuum - and, I'll add, so do values. Take a look at your office, car, home, and wherever you hang out. What have you filled these places with? What objects mean the most to you?

If you enter one of my spaces, wherever that may be, you'll find that it's piled with books and research materials. If you'd peeked into my surgeon friend's home, you'd have seen her diplomas, medical reference books galore, and her collection of antique surgical instruments - all displaced from her office and newly hung in her family room so that she could stay connected with them.

Really look at the places where you spend the most time as if you've never been there before, identifying themes and common elements, which are evidence of your values. Whatever's prevalent in your living, working, and recreational spaces gives you your first clue.

How do you interpret these hints? For the surgeon, the correlation between the objects and her values was pretty obvious. In my case, the subjects of my books and research materials point to my top priority, which is developing my understanding of order in the universe. I pursue and fulfill this by studying biomechanics, economics, sociology, psychology, neuroscience, quantum physics, philosophy, and many other disciplines. The physical evidence of this constant quest is the trail of books and papers I leave wherever I go. The value it represents isn't the accumulation of these physical objects; it's the acquisition of greater wisdom about creation and the cosmos - the big questions.

Think figuratively: A home filled with photos doesn't necessarily mean an appreciation of photography. (What's pictured? Is there a theme?) A home overflowing with flowers might not indicate a love of gardening - maybe it's a connection with the natural world, or possibly a broader desire for beauty. Ask yourself, 'What do these things that I've chosen to surround myself with mean to me?'

2. How Do You Spend Your Time?

Often, someone will tell me, 'I already know what my highest value is: It's family.'

I'll usually get another story when I ask, 'How do you spend the 24 hours of each day?' It will go something like this: an hour in the morning at the gym, 14 hours a day at work, an hour or so with the kids and spouse having dinner, a couple hours in the study checking e-mail, and about 6 hours sleeping.

Clearly, this behavior doesn't support the initial claim, even if working 14 hours a day may indicate a profound dedication to being 'a good provider' for the family. If people tell me that their highest value is one thing when it's really another, it's usually because they think they ought to be different. Instead of judging yourself for cherishing something to a different degree than someone else does, learn to recognize that your ideals are just as valid, real, and important as anyone else's.

Also realize that just because something isn't your highest value doesn't mean that it's worth

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nothing to you. It's completely possible that this 14-hour-a-day worker bee does care for family; it's just not at the top of the hierarchy.

Take a look at how you allocate your waking hours. What claims most of your day? What comes in second? Third? Fourth? The list may not identically parallel your main concerns, but it will come close. To return to our example, here's what that schedule would tell us:

- Most time: professional success, earning money (14 hours at work)
- Second most: staying connected with people/social (2 hours sending e-mail)
- Third most/tied: family (1 hour having dinner with spouse and kids)
- Third most/tied: health (1 hour exercising)

Your time is only one indicator, which you can combine with all the others as you do your detective work in figuring out your highest goals. In other words, if you look at your prioritization according to time and view it in consideration of the ten categories coming up, then your values begin to come into sharp focus.

Note: It's possible that your time isn't being spent in support of your beliefs, and this is when conflicts are most often played out. The surgeon/new mom had arranged her life without allotting any of her time to her core value - and that's why she was so stressed. Instead of living according to her own hierarchy, she'd allowed a social norm (such as being acknowledged or respected by others) to take over and reorder her life. If you have the sense that you've done something similar by structuring your days around your idea of what someone else thinks your values *should* be or designing your life around one of the seven fears I outlined earlier, then ask yourself, 'How would I spend my time if I had complete choice about it?'

3. How Do You Spend Your Energy?

You'll find clues as to how your hierarchy is stacked by looking at the following characteristics, which are a direct result of where and how you spend your energy:

- You certainly have plenty of energy to do those actions you truly value most, because doing what you love energizes you.
- You clearly become fatigued easily when you can't see how what you're doing will fulfill your highest values. Doing X, Y, and Z rather than A, B, and C on your daily priorities drains you.

Ask yourself, 'What actions do I seem to have plenty of energy for? What activities invigorate me? Where do I love to spend the most effort during the day, week, or month?'

You'll require less sleep and express more life force and vigor when you're doing what you love and loving what you do - acting in accordance with what's truly most important to you.

4. How Do You Spend Your Money?

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Alfred Marshall stated in his ‘Principles of Economics’ that people will spend their money according to their values. When they place importance on saving and becoming wealthy, they’ll save *first*, before paying the bills. If someone puts these priorities down at the bottom of the list, there will be month left at the end of the money, rather than money left at the end of the month. Everything will get in the way of setting funds aside, everyone else will get paid, and there goes all the cash.

Incidentally, this has nothing to do with how much you make; it has everything to do with your priorities. Your goals determine whether you’ll be rich or poor, scraping along or spreading pâté on pricy little crackers. No doubt you’ve heard the stories of those people who make a modest salary, save religiously, and leave an estate worth millions. You’ve probably also heard about people who earn heaps of money but leave only a pile of debt to their heirs. It’s all a question of what’s most important to the one holding the purse strings.

Look at how you use money in your life. Do you squirrel it away? Are you an investor or a risk taker? Do you spend lots on clothes, education, or travel? Do you throw lavish parties, keep your cash to yourself, or donate to charities? Are you saving for specific items, such as children’s education, retirement, or buying a prize-winning pig or a 50-foot yacht? Does most of your spending happen in the realm of business, home, or the community - or something else?

Simply put, where does it all go? As is often said, follow the money. It leaves a trail straight to your values.

5. Where Are You Most Organized?

Your hierarchy of values leaves additional clues in the areas where you’re most organized.

- Your highest goal will be the most ordered part of your life (with little or no chaos).
- There’s greater confusion in your less-important endeavors, so other people tend to control you in these areas.
- Your lowest-priority objectives will require outside motivation to get you to pay attention and complete them.

Again, we can consider the surgeon as an example. Everything relating to her medical career was in absolute order, from her thoughts about it to her reference library to her surgical equipment. If you’d looked at her kitchen, you would have wondered how a woman of her professional precision and intimate understanding of germs could stand to use it. Bottom line? Her environment revealed where the true passion was held. Order equals high value, and chaos equals low value—it’s as simple as that.

Ask yourself, ‘Where’s the greatest order in my life? Where do things run most smoothly with the least amount of volatility? Where’s the greatest chaos? Where do things seem unpredictable and erratic?’

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6. Where Are You Most Disciplined?

Nobody has to get you up in the morning to do what's most important to you. You can easily focus on that which you truly care about. Whenever you unwisely label yourself as 'flighty' or 'undisciplined,' it's because there's something else higher up in your value system vying for your attention, and you expect yourself to live otherwise. Whenever you think that you're flaky, you really aren't. You're just trying to live someone else's mission at that moment, someone you've given authority to. Everyone's focused somewhere—nothing's missing because you have every trait. So where are you consistently on task?

7. What Do You Think About?

Who hasn't had an unexpected idea in the shower or while driving? When you have time to think but your hands are occupied, your mind probably takes the opportunity to present you with whatever it's been working on - consciously or unconsciously - for days, weeks, or even years.

Your values tend to interrupt your 'regularly scheduled programming.' You'll be having lunch with a friend when your mind will begin to wander, and thoughts of something other than what's on the menu - both figuratively and literally - will pop up. You may find yourself thinking about work even when you're at home, or vice versa. If you're frequently distracted by ideas about one thing while you're involved with something else, what are those thoughts?

Then again, you may spend a good part of your day consciously choosing to think about certain things. Your vocation (or avocation) may cause you to focus on specific topics for hours at a time. What are you constantly mulling over, considering, and trying to understand even more?

8. What Do You Visualize?

One woman I know loves music. She doesn't have mundane imaginings of playing MP3 files on her computer, of course. Her dreams take her onto the stage, where she stars as Carmen, the great mezzo-soprano herself, draped in beautiful costumes, fluttering a delicate Spanish fan, and receiving the adulation of an enormous audience. In real life, my friend doesn't aspire to this, but she does hold season tickets to the Santa Fe Opera. She loves to dress up to go see the performances and gets a wonderful feeling from being in the audience when the curtain rises and the first notes emerge from the orchestra pit. She also imagines that someday she'll choose a world-class diva to follow around the globe for a season so that she can enjoy all the ups and downs of an entire tour, watching the singer perform all the great operatic roles.

These dreams, images, and real-life plans reveal this woman's love of performance - specifically classical musical theater. Her profession is graphic design, but music is high on her passions list. Not only does it provide the score for her daydreams, but it's evident in each of the other categories listed in this chapter:

- Her home showcases opera paraphernalia.
- She works for an advertising agency that creates marketing materials for the local opera.
- She's planning and talking with her friends about the next season even before this one

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has concluded, and so on.

There are commonalities in the landscape of your dreams, both waking and sleeping. What do you imagine for yourself? What's your vision for your life? When you daydream and imagine your future, what's the recurring theme?

9. What Do You Talk to Yourself About?

You, like everyone else, engage in self-talk, some of which builds you up and some of which tears you down. But all of it ultimately hones in on what's most important. You even have an internal dialogue where parts of you converse with each other. What are those conversations about?

You may debate actions you 'should' take . . . which ones do you discuss with yourself? Perhaps you evaluate other people or opportunities or weigh your skills and talents, making lists of pros and cons about any variety of things. You may design plans for yourself or your family, your home or business ventures, or your next vacation. What's the subject of your inner dialogue?

You're constantly talking to yourself about what's really most important, what you'd love to manifest in your life. You're continually running affirmations or words of power through your mind, both constructive and destructive ones, and these color and even generate your perceptions in life. All of these internal dialogues revolve around your strongest desires.

10. What Do You Speak about with Others?

Most people have a way of bringing the conversation around to their favorite topics sooner or later. Have you ever noticed how these people who share the same interests waste no time in discovering this delightful coincidence? Or how someone will occasionally monopolize the discussion with the object of their fascination, ultimately to the bemusement and even boredom of the rest of the group?

When I was consulting with some doctors in Miami recently, one of them complained to me that a colleague was irritating because he was more interested in talking with me about my days as a surf bum than having me get busy coaching them. 'I tell you what,' the doctor said. 'He'd rather go surfing than practice healing any day of the week.'

It isn't hard to discern the second doctor's hierarchy of values, is it? Surfing comes before medicine; adventure (or perhaps freedom or self-expression) comes before career development. His irritated colleague, though, was all business: Within five minutes he was on task and talking about the issues in his practice that he was hoping to resolve with my help. Professional achievement was clearly high on his ideals list.

When you meet someone new, what do you find yourself chatting about most? When you're with old friends, what topics do you revisit time and again? What conversations captivate you and keep you interested for the longest period of time?

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11. What Do You React To?

What grabs your attention, either by pulling you in or repelling you? If I were to include something here that supports your values, you'd be apt to smile and be open to what you're reading, but if I mention an idea something that challenges your interests, you may be put off and frown or even get bored.

How have you been reacting to each of the examples I've used so far? If you find yourself thinking, 'Yes, that's right', I'm probably using stories that resonate with your top values. If, on the other hand, you find yourself wondering, 'Who on earth does that?' I've simply included illustrations that don't reflect your goals.

The same is true in your interactions with anyone you meet, anyplace you visit, and any event you experience. Observe what you pay attention to. Notice what makes you smile and frown, and what makes you lean in to hear more or shut down, folding your arms in front of your body. (Also recognize that, as you talk to others, their facial expressions and body language reveal their value systems, too.) Stay aware, and this kind of positive and negative feedback will serve you in getting to know yourself incredibly well.

12. What Are Your Goals?

If you're a person who writes down goals and works toward them, simply consult your current list of objectives. Do they revolve around business, family, or vacations? Do you see a pattern here, too?

It's a pretty direct correlation. People who have financial aspirations high on their list will have goals revolving around income, investing, retirement, and so on. People who value mental aptitude will strive in academics, intellectual achievement, skill acquisition, and the like. Vocational ambitions will evoke career-advancement and professional-acknowledgment goals; while physical targets will inspire focus on body fat, blood chemistry, and athletic accomplishment. Spiritual, familial, and social beliefs express themselves in typical fashion, especially for those who have these areas highest at the top of their list.

Pay attention to the act of making your list on a piece of paper. Wishes of higher importance are generally demonstrated by being written faster and more fluidly, having clearer details and broader content, being easier to read, and inspiring tears.

If you don't have written objectives, simply consider what you'd most like to do, be, or have in your life, and which of those goals you're actively moving toward. Which ones do you pursue nearly every day?

The Language of Values

You'll notice that I haven't put restrictions on the words to use in expressing your goals. Some people believe that values are more accurately understood as emotional ends—as states of feeling or being that you seek whenever you do or experience what's important to you. I tend to

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view them as multilayered. Expressing an ideal as a beautiful home may include desires of self-expression, comfortable living space, and prestige, or even creating an environment where my spirit is nurtured and my body renewed. Who can say which are the real values? Only the person expressing them knows. I suggest that you choose words that move you and speak to your heart. As you refine your values, take the opportunity to select more phrases that have deep meaning for you and tug at your soul.

Challenging Support

We seek that which supports our values but that keeps us juvenily dependent so the universe in its wisdom helps to attract somebody into your life that challenges your values to set you free from being juvenily dependent. A child that has accountabilities, responsibilities and challenges tends to grow into an independent adult. So if you perceive more challenge than support, you grow precociously. If you perceive more support than challenge, you become juvenily dependent. So if somebody takes care of you and gives you whatever you want, every time, you become a dependent and don't grow. The person that gives you challenges and accountabilities helps you grow.

An individual who perceives more challenge than support when growing up usually becomes an entrepreneur running their own company because they grew independently and became like the parental figure. The person who basically got everything they wanted and was over-supported in their perception, becomes an entrepreneur working for someone else with an umbilical cord ready to plug into someone else.

So, maximum growth and development of human beings occurs at the border of support and challenge. We must have both. This has been biologically proven in almost every species. We call that predator and prey in the food chain. We got something that supports us which is the food, which is the prey that we eat and we have something that challenges us, that is a predator that keeps us on our toes and we must have both in order to continue to grow and evolve as a species. Human beings must have predator and prey. They must have a challenger and a supporter. So even though we search for that which supports our values, we attract that which challenges our values to set us free from dependency.

Predator and Prey is explained as people who become vulnerable and gullible "prey" to that which supports their highest values and skeptical and invulnerable "predators" to that which challenges them. They become more empowered in the areas of their highest values and disempowered in the areas of their lower values and they have a selective biased attention for things that support their highest values and selective biased dis-intention away from things that challenge their highest values. In other words, their hierarchy of values literally dictates the way they perceive their world, make decisions in their world and act upon their world and therefore it governs their destinies.

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This is the nature of the predator-prey food chain within all living ecosystems. Human beings would become bored by if they experienced too much ease and support and would become burned out if they experienced too much difficulty and challenge. Like for all supply and demand food chains within ecosystems, every species has and requires a predator that challenges them and prey that feed them. So too for all businesses, they require both predator to keep them on their toes and prey acquisitions and customers to feed them. Maximum growth and development of business occurs at the border of support and challenge, or cooperation and competition.

When you infatuate with somebody and put them on a pedestal, you become dependent and the underdog to them. Whenever you do, you develop a resentment to set you free because you find out that you are sacrificing who you are to be with them. You find that you are sacrificing your own decisions based on your own values to try to fit into their world, which eventually you resent because every human being wants to be loved and appreciated for who they are, and who they are is an expression of their highest values.

So we seek that which supports our values and we attract that which challenges our values to make us grow. You have heard of this statement in literature that similarities attract and opposites attract, which are both accurate because you attract to similar people, people who you think have more similarities, but also you attract that which has differences to make you grow.

Have you been in a situation where you know you are infatuated and you look at somebody and you say: 'We have the same number of eyes, the same number of teeth, the same number of ribs.' When you are infatuated, you tend to concentrate on the number of similarities. But when you are resentful to a person, you concentrate on the differences: 'We don't have the same goals, we are seeing in different directions, we don't see eye to eye.'

When you are infatuated with somebody, you want to kiss them, taste them and eat them. When you resent them, the mouth moves to the other end of the body. When you are infatuated, you call them sweetie pie, sugar, honey bunny, cupcakes, sweets, sweetheart. It is all sugar. When you are resentful of them, you call them an ass.

It goes down to the very primitive amoeba that has endocytosis, which takes in food and has exocytosis that removes waste. Things that we think are going to help support our values, we call food. Things that we think challenge our values, we call waste, but we have to have both don't we? Imagine if we had food without waste or waste without food. Both create sickness. So we must have both support and challenge; parasympathetic and sympathetic autonomic responses in our life to maximally grow.

When you are in a relationship, this person challenges your values, you tend to put them down and put yourself up. Anytime somebody supports your values, you tend to put them up and put you down. Whenever somebody you perceive supports your values more than challenges it, you put them up and you put yourself down relative to them, because you now sacrifice to the predator, as prey. Anytime somebody challenges your values, you tend to put them down and put yourself up. Now you try to sacrifice them as prey. You are the predator in the ecosystem.

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Anytime that you see that a person both supports and challenges your values equally, you put them in your heart.

Anytime somebody is infatuated, the person that you are infatuated with occupies space and time in your mind and you are not free in your mind. Have you ever been so infatuated, you couldn't get a person out of your mind? Have you ever been so resentful to somebody that you couldn't get them out of your mind? Anything that you infatuate with and put on a pedestal or resent and put in the pit, will occupy space and time in your mind and cloud the mind from full development until your intuition, your physiology or sociology or somehow the universe makes you aware that that is an illusion; that nobody is worth putting on pedestals or pits but everybody is worth putting in hearts.

Who Wants to Be On Top?

Whatever we see on the outside is a reflection of us on in the inside. We may be too humble to admit that what we see in them is inside us, when we are infatuated. We may be too proud to admit that what we see inside them is inside us when we are resentful; when in fact the seer, the seeing and the seen are always the same. We are what we see. When we see what we see in them, inside us, we don't put them on pedestals or in pits.

Reflective awareness liberates us from the bondage of exaggeration and minimizations, which block communication.

Let me explain what I mean by that. When you are infatuated and minimize yourself, you will be walking on eggshells to be in a relationship with them. You will be walking on your tip toes, which is your soul. So you could call them fantasy soul mates. When you have them down beneath you and you are minimizing them because they are challenging your values, you will have a heel mate because you will want to stomp on them. But when you have them as reflected, that what you see inside them is inside you, you have a loving person.

If you resent somebody, you are trying to get them to change against their values, to your values; which will be futile. I have asked millions of people around the world what they would do if they had only 24 hours to live; the most common response is they would say: 'thank you, I love you' to the people who have contributed to their life. I have also asked how many people want to be loved and appreciated for who they are and everybody puts their hand up.

Who you are is an expression of your highest value. In your highest value, you will endure pain and pleasure in the pursuit of things. So when you are able to live truly to your highest value, you will endure both the support and the challenge of the mate that you love. But if you are minimizing yourself, you will be sacrificing you for them and you will automatically resent them

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to break free of that addiction. If you resent them, you will try to get them to change relative to you. Anytime you expect yourself to live outside your values because of infatuation or expect others to live outside their values because of resentment, you have the ABC's of negativity. You get angry at yourself.

Have you ever been infatuated, tried to live by somebody else's values, and then started feeling resentful and angry at yourself, blaming yourself, critical of yourself because you know you are doing it? And also have you been resentful to somebody else, tried to change them to get outside their values and now you have the anger negativity towards them because you are expecting them to live in your values and not in theirs? Anytime you expect yourself to live outside your values, anytime you expect somebody else to live outside their values, you have ingratitude.

Ingratitude closes the heart and stops the intimacy of love.

When we are in a relationship, we tend to oscillate between times when we feel like we are the underdog or they are the underdog. Sometimes we feel cocky and they feel under and sometimes they feel cocky and we feel under. Whenever you feel that you have more power than them, you start to think that you can do better than this and you start looking at options. The second you are the underdog, you start holding onto the one and they start looking at options. Have you ever felt that you have been the overdog, the one that had the power and knew that you wanted to keep your options open and you didn't want to be tied down?

Have you ever been the underdog, desperate, needy and wanting to tie the person down and get them before they find out how weak you are? The underdogs want to tie the overdogs down. The overdogs don't want to be tied down.

In a family dynamic, there has to be a balance of this support and challenge process. Every family unit, whether it has children or not, will maintain a balance of support and challenge; sometimes called peace and war. That is not dysfunctional. It is perfectly normal, expected and essential. In fact, the second two people in the family get together and join in, someone else creates an argument. It moves around. To have a fantasy that you are only going to have support in the family and it is always going to be peaceful, kind and sweet and all that, is completely delusional and guaranteed to create resentment and bitterness because it is an unrealistic expectation, because you need both support and challenge to grow. The family dynamic is designed for growth.

The Blind Leading the Blind

You are typically more sexually motivated when your values are supported. If you went up to a woman and said: Oh my God, I love the way your hair is, I love your eyes, I love holding you, and I love touching your skin. You are just so beautiful, what do you think her reaction would be? Pretty positive I imagine. Because it supports her values, it creates dopamine and oxytocin, which is a bonding chemical. It is purely chemical compounds. When you are highly infatuated and have a lot of dopamine and oxytocin and encephalons, you become blind to the downsides.

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You are blind to the down sides, just like when you are resentful, you are blind to the up sides. You are basically on a blind date, you are infatuated with them, you want to lick them and you end up having this passionate clothes removing sexual desire. During that phase, because you are blind to the downsides, when you make love with somebody and they are in the same state, you are both blind. You have an autonomic nervous system in the brain; whenever you have values supported, the parasympathetic is activated. Whenever you have values challenged, the sympathetic is activated. During this infatuation phase you are both supporting each other's values.

The parasympathetic is activated, which causes, through a series of neurotransmitters, second messengers, enzymes down into the nuclear core of the nucleus, down into the cell nucleus and the genes, some genes to be turned on and others turned off. In procreation, it causes the alleles of the gene, which are the components of the gene, which come from the mother and father, to actually activate the trait that you are ignorant of and blinded to, to make sure that the child created will express the trait that you were blinded to during the sexual act so that when they grow up, everything that you repressed in your awareness, is expressed in your children.

So that is why you will find out that if you have two children; one will be close and similar to the mother and one will be close and similar to the father. Because genetically they are coded that way.

So you are automatically, inescapably, guaranteed to procreate the part you disown because that which you seek, you attract its opposite to break its addiction to make sure you grow. That is why the family is designed to make you grow.

So if you get cocky and self righteous, they will come down on you. They will basically bring you down. So the second you think that you are better than them, they will start bringing you down. The second that you think that they are better than you, they will start lifting you up.

If you come back from work, had a big day and you are all puffed up and think that you are amazing; the purpose of the marriage is to have somebody to neutralize that to get you back into authenticity because you only grow maximally at the border of support and challenge. People who are addicted to praise will attract criticism in a marriage. People, who get challenged out in the world, get a supportive relationship. The same in a family. In a family there will be peace and war, support and challenge, co-operation and competition. The only way to achieve a peaceful family is to find some idiot down the street that the entire family is against and have a war outside the family.

A healthy relationship is one that embraces both support and challenge, and doesn't have an addiction to a fantasy that the relationship is supposed to support you more than challenge you. Relationships are not supposed to be kind more than cruel, nice more than mean, giving more than taking, co-operative more than competitive or any one sided trait.

Maximum development occurs at the border of all pairs of opposites.

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Schopenhauer, the German philosopher, said that we become our true self to the degree that we make everyone and everything else our self through reflective awareness.

The highest level of awareness is reflective awareness where we realize, as Aristotle said, that everything we see in the world around us is a reflection of everything inside us. The moment we own it, we recollect our nature and awaken our true self. Anything that we disown because we are too humble or too proud becomes a disowned part that we then have to mate with to re-own it. The more fragmented we are and the more parts we disown; the more challenge or support oscillations you might say we have to have in our relationship, the more unstable it is. At the level of the soul, we own it all. At the level of the senses, we judge and own only half of it because we are looking for things that support our values but we keep attracting things that challenge our values. Our soul mate is available to all of us the moment we own all the traits.

So we seek that which supports our values, we attract that which challenges our values. If we are searching for more support than challenge, the more we search for support, the more challenging life becomes. The more we search for peace, the more war we attract. The more we search for protection, the more violence we get. The more we search for any one side of a magnet, the other side of the magnet comes at us stronger to rebalance the magnet to set us free again. Our addiction to one side is what creates the other side.

Bipolar condition is a byproduct of mono-polar addiction. If you try to avoid all forms of challenge on the outside, you will end up with an internal challenging system within you. You will never escape the need for both. So searching for monopoles, one sidedness, is like searching for a one sided magnet in life. It will be futile.

The purpose of the marriage, purpose of a relationship is to make sure you get both. If you are feeling that the relationship that you are in is not providing part of that, you will include other people in the relationship dynamic to make sure you get it all. So if you get nothing but the support of people around you, you are going to get the attractive bully, or a boss, or some friend to play that role. Somebody is going to come into your life to make sure that you get both.

There is a conservation of ease and difficulty in your life and
striving for one side only draws in stronger the other side to
make you break free of the addiction to one sidedness.

With that context, which I think is a wiser context to start a relationship with; you are not setting up an unrealistic expectation on a relationship. Some people have a fantasy that the person they are marrying is going to support them, never challenge them, always nice and never mean, always give and never take, kind and never cruel, peaceful and never warful, always positive and never negative and giving them support on all areas of life without challenge. This is delusional. It is guaranteed to undermine the relationship because that infatuation will eventually make you sacrifice for it and eventually make you resentful and do the very things that you need to get them to challenge you.

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What Dreams May Come

If we have an addiction to one side and don't embrace both sides, we typically label people. We label people friends and enemies. We will polarize the un-polarizable. We will separate the inseparables and divide the indivisibles in human psychology. When we do, we will accumulate resentments and infatuations, which will be bonding and bagging in your life.

I developed a method which I call the Demartini Method[®], designed to shed the baggage. Every pain you have in a relationship that you never found the pleasure in, the benefits to, will haunt you and make you run from that and seek the opposite in a relationship.

Let me give you an example. I worked with a guy who felt his relationship was pretty bland: 9-10 years of marriage, sexual energies dropped, just daily routine kind of activities - he was unfulfilled in the relationship dynamic. I asked him a question that was significant: 'Who are you comparing your wife to?' In order to have that perception of her, he had to be comparing her to something that he thought she was supposed to be.

We traced it back to somebody that he met at Clubmed 10 years earlier - he went to meet a buddy for a three-day weekend. When he arrived there, his buddy hadn't arrived yet and while he was checking in, he saw this girl with these hot pants, well built body, little crop top also checking in. He started talking to her and flirting with her and talked her into meeting out at the bar in the pool. They hit it off and before the hour was done, after a couple of drinks, they went up to his room and they spent the next three days just exploring each other. His buddy flew down there, knocked on the door, called his room. He was dating somebody else and didn't want his buddy to know, so he ignored him. They never left the room, they had a hot tub, had food brought in and they just had this passionate, sexual three-day experience.

Would you agree that if you had a three-day passionate experience with somebody, you could put on a pretty good façade? But nobody can do that for 10 years, can they? When the weekend was over, he went back to his normal life; undermined his relationship with his buddy, undermined his relationship with his girlfriend. That whole thing exploded. He went about his business, then tried to date somebody else, met his wife and they got married but he was always comparing his wife to the fantasy of those three days. Can any wife compare to a fantasy of three days? No.

So when there is a comparison, you can't win against the comparison of the fantasy. If he had stayed with her for a long period of time, the fantasy would have eroded; the resentments would have come up until the playing field was leveled. Then he would have not had the memory of this infatuation, this fantasy. But now he was with his wife 10 years later and he was comparing her to this fantasy unconsciously. So he was never satisfied with his relationship sexuality. I went over what his fantasy was with the girl, and took the fantasy away by showing him that everything has two sides.

At first, he wasn't seeing any of the drawbacks of this girl. After a few more questions, he acknowledged that she had a whiny voice, her hair was kind of thin and she had to wash it twice

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a day, she had a skew tooth, her legs weren't as long as he liked, she wasn't ambitious, and so on.

We started going through and identifying all the drawbacks to the girl that he had a fantasy about that he was blinded to, by the infatuation. As I accumulated them and accumulated them, he started appreciating his wife, and I asked him what the benefits of his wife were.

I came in with the drawbacks of the girl of the past and the benefits of the wife now until they equaled. When they did, tears came out of his eyes. True love comes when the mind is balanced and the heart opens. Tears of appreciation occur, not tears of sorrow, not tears of laughter, but tears of appreciation for recognizing the order and the perfection of what is happening in our life at that moment. Once I got her off the pedestal, he started appreciating his wife and he had affection for his wife that he had never had for 10 years, because he was comparing her to the fantasy.

When people compare their lives to fantasies, there is no way their life wins. People do this not in relation only to their spouses, their past girlfriends, past boyfriends and things like this but they do that to people who they are in any way infatuated with. Somebody could be more powerful socially. They could have more wealth, more physical features that are attractive, they could have more business savvy and success or they could have more spiritual awareness. Anybody that you minimize yourself to, that you put on a pedestal, you will inject their values into your life and you will compare other peoples life to that and there is no way you will appreciate yourself or others for who they are because you are comparing them to somebody who has got a different set of values, which undermines and causes all kinds of turmoil and confusion in relationship dynamics. This is called baggage.

Once I took her off the pedestal and I took his wife out of the pit, his love and his intimacy for his wife went back up. The spark, not of passionate fantasy, but of deep appreciation and love. When you have a balanced mind and your heart is open and you don't put them above you or below you and you put them in your heart and you have reflective awareness, there is mystical love there. But it can't occur as long as you have infatuations and resentments all over in your past or present.

The same thing can happen in relationship to soul mates. Nobody is missing their soul mate. Your soul mate is with you throughout your life. When you perceive that you are missing your soul mate it is because you have a delusion about what a soul mate is.

Oh My Soul

Let me give you an analogy here. If you make a list of everything that you are looking for in a relationship, most people would make a list of things that support their values. Now in fact, the very things that are the opposite traits will also be in the person because every human being has every trait.

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We all have a set of values. You support their values, they label you nice. You go against their values, you are mean. So to expect to get a nice person without mean is foolish, or kind without cruel or give without take or anything because every human being has got every trait and they have a set of values that is going to determine how it is going to be expressed. But we typically are looking for and we typically think and fantasize that the soul mate is going to be this perfect person that is going to be supportive without challenge. This is delusional but people sell this in the market place because it sells dopamine and people want that fantasy.

If you make a list of everything you want in a relationship, you will find out that in your life, every trait you are looking for is in your life already but it may not be only in one man or woman. You may be getting it from other people and not just one person. They may be a colleague. They may be part of your social life. They may be part of your family. Whatever it is, you have it in your life. When I ask people to make a list of what they are looking for, I then ask who in their life is providing currently it. 100% of the time, they have somebody in their life providing those traits.

Once they identify that all the traits that they are searching for are there in their life, they are not destitute and desperately having to find them, they realize they have got them. Usually when people realize that, they go 'wow'. They will discover that it is unconsciously their own values creating it in that form.

What they have done is that they have created it in that form to protect them from the pains that they have had in relationships that they have had with one person. That means that every trait you are looking for in your so called soul mate, you have in your life but it is diversified between a variety of people; not one - because when you have been with one relationship, you have accumulated pains, frustrations and anger associated with that one. When you had that trait with them, you also had pains associated with that and because you are searching for that which supports your values because you are juvenile, you are wanting to avoid the pain side of the relationship and only wanting to get the pleasure side.

So what you have done is that you have then avoided the person, broke out of that relationship and went on to find that trait without having to have all the challenges from it with that same person.

You have accumulated memories of pains associated with one relationship that has made you not want to go back in a relationship; even though you say you are looking for your soul mate. So you actually want to fulfill your values and you are fulfilling your own values, but are unconsciously doing it and you are doing it because you are unaware and not remembering all the pains that you had with one person.

I met with a woman once who was desperate to find her soul mate. I told her she wasn't really looking, but she insisted she was looking really hard.

I made her look at everybody in her life who was providing the traits she wanted, and made sure that she saw it to the same degree that she was looking for in quantity. Then I had her see that

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it was not missing in her life, which was mind blowing to her. Then we went through every one of the relationships that she had had in the past and I asked: 'Can you see that you have that relationship trait with that person but you also had this baggage with him and you don't want to go through that again so you are afraid to go back to a relationship because you would have to deal with that same stuff again?'

What she had done was made the traits she wanted into a form that was a person at work so she didn't have to go to home with him; she had a guy she played tennis with; a dog that was cuddling up to her and she didn't have to deal with screaming and arguing at night. I went through and showed her that every one of the relationships that she had was associated with pains, so she was avoiding the pains and striving to get those same traits without having to deal with those pains.

She was actually putting the desired traits unconsciously into a form that she wasn't even aware of. Nobody is missing the traits that make up the soul mate; both admired and despised traits are always there. It is always changing form. If we have pains associated with our past relationships, we will avoid it in one form, and diversify it into a variety of people to protect us from the pains that we had in those relationships.

The master lives in a world of transformation. But most people live in the illusion of wanting to get pleasure without pain.

I took her through The Demartini Method[®], and showed her how to take each one of those pains that she had in those relationships and find out how it served her and where she had that trait and how that served her. Additionally, we looked at if the trait hadn't been there, what the drawback would have been to her.

I had her go back and have nothing but thank you for the first relationship, thank you for the second relationship, and so on - we went through five relationships. We went through all the ones that she had pains with and had to reframe her perspectives of until she said thank you. Once she saw thank you, her avoidance of that, which is now conscious but was unconscious, and her desire to disperse every trait in the soul mate into those variety of people, are now able to be back with one. She was now receptive to having a new relationship with one person.

We have unconscious motives. If we perceive more pains than pleasures being with one, we will diversify the traits in a variety of people. If we have more pains with many than one, we will return it to one and resurface a relationship because our hierarchy of values will make us see opportunities and act on opportunities. That is why you have some people that can easily go and get another relationship, one after another, and other people can sit there for months and months and it looks like they are not getting a relationship, even though they are getting all the traits met with all the people in their life.

One and the Many

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There is a law called the Law of the One and the Many. The law of the one and many says that whenever you strive for the one; when you get the one, you will be searching for the many. How many people when dating a lot of people, look for that one special person and then when they get that one special person, they wonder about the many? Then when you break up and start dating the many again, you start looking for the special one. If we associate more pains with the one, we will disperse it into the many to get the traits we want. If we see more pains with the many, we will concentrate it back into the one again. We will usually oscillate. But nothing is missing in our life. The master is the one who can see the forms in which it is playing and know that our values have created our destiny and are creating the forms. Unless we change our values, we won't change the forms.

The moment I show people in my seminar The Breakthrough Experience® how to change their value structure, they immediately change the forms. Some people, literally within three weeks, have a new relationship. They haven't been able to have a relationship because of the baggage, but they dissolve the baggage they had and then they are receptive again and back into the one.

So what I am saying is that all the traits you are already searching for are already in your life. The form in which you have your relationship is based on your values. Your values are designed to get supported and challenged. You are constantly surrounded by supporters and challengers and in a relationship you get support and challenge. If you are striving for one without the other, the one will smack you.

The wise one embraces both in pursuit of their love, what they want to do in life. If they do that they have a healthy relationship dynamic. If not, they are looking for a fantasy. The people that are juvenile and keep looking for support without challenge, nice without mean, will be searching for that which is unobtainable and trying to avoid that which is unavoidable and missing out in life and be bitter about life and have difficulty having a relationship because no human being fits that. That is a fantasy. As long as you are looking for that, you won't appreciate your life because you keep comparing it to a fantasy life.

Can You Hear Me?

I was doing the Breakthrough Experience® in Ohio and had a gentleman who had done the Demartini Method® on his wife. He really came to appreciate his wife in more depth and thought that she would also benefit from the experience. I flew back to New York the next day and he contacted me to spend some time with her - so she flew to New York and I spent the day with her in her hotel room. I asked her why she thought she was there with me and we established that she and her husband were experiencing challenges in their marriage, and that he thought it would benefit them both for her to spend some time understanding relationship dynamics.

The first thing we did was determine her values and his values. Here's what I got - her values: her children, her children's education, her house, the family - extended family, parents, etc. She had a really strong family orientation. His values: business, making money, golf, cigars, cars.

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So it was quite obvious that there was some difference there - I asked her if she could see that if she was unable to understand how his values served her, there would be some erosion in the relationship. She agreed but was not initially able to see how his values served her. She said that all he did was work and focus on his business, and she was taking care of the family. She lived in a 7000 sq.foot home. Her children had fine clothes, fine schools, fine everything, fine standards etc. When I pointed that out, she said: Oh yes now I that I think about it, his work does help us.

I spent most of the morning finding out how his top five values helped her fulfill her top five values by linking them, by asking this simple question: 'How is what he is dedicated to helping you fulfill what you are dedicated to?' Then I turned that around half way through and I said: 'How is what you are dedicated to helping him fulfill what he is dedicated to?' I made links and I made her answer questions until she had literally dozens and dozens of benefits of what he is dedicated to, including cars, golf and everything else, and how it is helping her in the family dynamics and how her focus on the family was helping him with his business. I kept doing that and kept doing that until she broke down in tears, not out of sorrow, but out of gratitude. Her heart opened. She cried and she remembered why she was with him.

Because, what she had done is she had got self righteous. She first was infatuated with him, then she ended up building resentment. She had babies, got resentful, got self righteous and condemned him, wanting to change him according to her values. He did the same thing, got infatuated, then resentful, wanted to change her, got self righteous and wanted to change her. Whenever two people are both self righteous, they are basically both having alternating monologues; one speaks and the other doesn't listen while the other speaks and the other one doesn't want to listen. There is no dialogue. When there is no dialogue, there is an erosion of the relationship.

The way you build that dialogue is you ask: 'How is what my partner dedicated to serving me, and how is what I am dedicated to serving my partner'. I made her answer that and answer that back and forth, back and forth and we evenly balanced it, literally 100's of times over the hours I was with her, until she was in tears and then realized that there was nothing to fix in him.

When you love people for who they are, they turn into
who you love.

Once we got through that, I showed her how to communicate what her values were in terms of what his values were. If she minimizes her values for him, that is not going to work. If she projects her values onto him, that is not going to work. But if they learn to honor both values and see how both serve each other, then they can start to communicate in each other's values. So I spent the next four hours with her, showing her how to ask questions and communicate in a way where she was getting what she wanted, in a way where he was getting what he wanted.

This guy paid me thousands of dollars to spend an entire day in a hotel room teaching her how to get whatever she wanted from him. A couple of weeks later I got a letter from the husband

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saying: ‘I don’t know what you did with my wife in the hotel room, but all I know is, wow, I have a different wife.’

All I taught her was how to level the playing field and how to communicate in each other’s values and how to appreciate each other’s values. The hierarchy of a person’s values dictates the person’s destiny and what they are dedicated to, and their identity.

Anytime you don’t know your partner’s values, you don’t care enough about their values; you are almost guaranteed to start eroding the relationship.

That Aha Moment

If you can’t see how someone else getting what they’d love gives you what you desire, then you’ll naturally try to change him or her to your way, or you’ll be compelled to find someone new. You can try to convince yourself to live and let live, but until you can see how to love and link love, you’ll be drawn to something different.

You can learn how to do this with anyone - and that’s not an exaggeration. You can choose to link your passions with anyone else’s. Doing this is an art encompassing both proficiency and creativity, which can be learned and developed. It’s the most important skill you’ll probably ever apply in building, maintaining, and enriching personal ties. You can start today with your existing relationships by listing the top five values for you and for the other person, then creating a web of connections.

The more intertwined you make these webs, the easier it is to talk with others, to work out perceived differences and problems, and to enrich your relationships with an even deeper sense of intimacy and connectedness.

Furthermore, I suggest that you reduce insignificant conversations. Because you build fellowship through meaning-filled communication, if you feel that you simply can’t see your way to making a subject important to you, or if you prefer not to make the effort to do so, you’d be wise to move on. One-sided conversations, or alternating monologues, are characterized by one person speaking about what’s meaningful to him or her, and the other’s mind wandering away to his or her own concerns. Either link your values, or shift the conversation and move on, because monologues are almost a sure setup for disappointing or dissatisfying relationships.

I’m certain, as you’ll discover for yourself as you read on, that you can make whatever is essential to others equally valuable to you if you choose to and apply the methods outlined here. Then you can engage in a true dialogue, where you both care enough about one another’s values that you love to listen because it helps you do and be what you love . . . and you enjoy talking about whatever leads you both to your dreams.

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The master of relationships is the person who knows and applies the art of linking someone else's values to his or her own and can communicate with anyone's ideals.

Values do change - major milestones can cause priorities to shift. A life-threatening illness, a midlife crisis, or the birth of a child - anything that triggers people to reassess and rethink what's important to them - may alter a belief system, either reordering things or introducing new values altogether. That's why it's crucial to continue to talk about your values with those whom you care about: Everyone needs to stay attuned to what may have changed.

You can consciously choose to make a shift, by the way. You can intentionally give yourself a 'midlife crisis,' rather than wait for whatever life seems to hand you. You might decide to do this if you're ready for different results in your life.

Let's say you've been single for a long time. Because you've gone through the process of figuring out your highest concerns, plus you've gotten feedback from former romantic interests, you're aware that familial and social values rank dead last for you - and you realize that may not be ideal if you want to create a so-called committed relationship with someone. Or perhaps you want to make a change in the course of your financial life: you'd like to start amassing some wealth, but you know it won't happen until you raise your ranking of saving and investing.

Here's how to do it: Write 100 to 200 benefits of how the value that you'd love to elevate in your hierarchy can serve you. For the examples I just mentioned, what are 100 to 200 ways you'll be served by sharing your life with someone in a 'committed' relationship? Or how will saving and investing benefit you?

Next, decide where you'd like this value to rank in your list. Take a look at the ones ranked higher and the one ranked lower, and write 100 to 200 specific benefits of how this new value will help you with each of the other two. Let's say you want to put the goal of saving money and building wealth between raising your children and traveling the world. You'd ask yourself, 'How will saving money and building wealth help me raise my children? How will saving money and building wealth help me travel the world?'

What you're doing is dissolving the perceived voids that determine your inner truths. In physics, a void is a separation in space-time, and so it is in your life. A void is that which you'd love to realize or fulfill at even greater levels - but right now you experience it as separation. When you shift your priorities, you change your perception of what's lacking (higher priority voids/values) and what's abundant (fulfilled, and therefore lower priority, voids/values).

You actually comprehend a greater oneness with things that are lower on your ranking system because they appear already more fulfilled or satisfied and, therefore, less important to strive for. They seem sufficient or adequate at that moment.

I guarantee that this exercise works. It causes your brain to rewire itself and see new possibilities that it didn't before. It gives you more reasons to attend to the newly elevated goal. This is

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similar to the linking exercise to connect your own and someone else's values; it's just that you're speaking to yourself in terms of your own beliefs.

You can actually change your destiny by altering your hierarchy of values. In other words, your priorities dictate your destiny because they move you toward or away from certain things in life. Remember that if you decide to align your values to support you in achieving specific goals, you're wise to choose those that are reasonable and truly attainable. A wish for only a 'happy' marriage forever and ever isn't reasonable, but a goal of being with someone who contributes to balancing you by both supporting and challenging you so that you can experience what's most inspiring to your heart - now that's reasonable and attainable. This includes the understanding that someone will equilibrate you, bringing you down when you're inflated or experiencing an extreme high, and vice versa, so that together you can participate in the journey of learning about each other and yourselves.

Here's how to link your values to another's values:

List your top five values on one side of a piece of paper, and write someone else's top five on the other side; ideally, you'll choose someone who is significant to you, such as your mate or partner - someone you'd love to communicate with more effectively and appreciate more.

Now think of at least five ways in which the other person's top value helps you fulfill your first priority. Next, list at least five ways in which your top value helps the other person fulfill theirs.

Then go down the list: Write down five ways in which each of the other person's values supports your highest priority and each item on your list contributes to their number one value. Continue this process for the four remaining items for each person, giving ways in which each one of your values is beneficial for every one of the other person's, and vice versa. When this is done, a new door for communication and (if desired) intimacy is opened.

Here's a short example of what linking only the first and first, first and second, and second and second values might look like:

My #1 Value: Family	My Partner's #1 Value: Financial Success
How my partner's #1 value of financial success helps me fulfill my value of family	How my #1 value of family helps my partner fulfill his value of financial success
<ul style="list-style-type: none"> • Frees me to choose the kind of child care we want and if we want it at all. • Presents the kids with a role model for making plenty of money while doing what you love. • Enables us to have the resources to plan 	<ul style="list-style-type: none"> • Keeps him aware that there's more to life than work, so he's more 'human' and likable in the business world. • Creates a beautiful home environment that's warm and inviting for entertaining colleagues and clients, and for deal making.

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<p>for our children’s future and even see beyond that to our grandchildren and other descendants.</p> <ul style="list-style-type: none"> • Provides amazing opportunities to travel as a family and experience wonderful vacations together. • Gives all of us a sense of security and comfort that allows us to focus on other endeavors. 	<ul style="list-style-type: none"> • Constantly teaches him the crucial moneymaking skills of true listening and staying in the present moment. • Ensures that there’s always nutritious food in the house so that he doesn’t have to think about eating right and keeping his energy up. • Forces him to take a rest every now and then so that he can go back to work revitalized.
My #2 Value: Spiritual Connection	My Partner’s #2 Value: Professional Development
How my partner’s #1 value of financial success helps me fulfill my value of spiritual connection:	How my #1 value of family helps my partner fulfill his value of professional development:
<ul style="list-style-type: none"> • Gives me the resources to dedicate parts of our home as ‘retreat’ spaces. • Helps me see how monetary pursuits can be infused with spiritual intention. • Allows me to give generously to organizations and places of worship in which I believe. • Enables me to perceive the similarities between financial prowess and spiritual guidance. • Grants me the freedom to focus on elevated ideas instead of our survival. 	<ul style="list-style-type: none"> • Gives him common ground to discuss with his peers. • Provides him with various mentors from my side of the family. • Opens doors to professional opportunities through my connections with the kids’ schools and extracurricular activities. • Inspires him to continue to love learning the way the children do. • Nurtures him so that he feels ready to take risks at work.
How my partner’s #2 value of professional development helps me fulfill my value of spiritual connection:	How my #2 value of spiritual connection helps my partner fulfill his value of professional development:
<ul style="list-style-type: none"> • Grounds me in practical action so that I don’t become a spiritual ‘space cadet.’ • Introduces me to people with all kinds of beliefs, which reinforces or expands my own beliefs. • Gives me opportunities to find the holy in the seemingly mundane. • Provides me with time alone to pursue my spiritual practice. • Takes me to parts of the world I might not otherwise seek or see. 	<ul style="list-style-type: none"> • Keeps his mind open about what will ‘work’ and what won’t. • Challenges his intellect and reminds him to approach new things with a student’s mind and heart. • Helps him appreciate where he is right now while he strives for the next level—teaches him to love himself and others whether they’re ‘achieving’ or not. • Creates an environment that spurs learning and inspiration. • Gives him ‘permission’ to pursue what he loves.

Continue doing this until you’ve found at least 250 ways in which each of you doing and being



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what you love helps the other pursue his or her dreams.

Imagine the many new connections you can discover through this method. It works wonders if you pursue it. If you can't see the union between what's important to another person and yourself, you have little or no reason to be in a relationship. The more links you make and the stronger the bonds, the more you'll have to communicate about, and the easier it is to understand each other. Instead of living with alternating monologues, you'll begin to experience meaningful dialogues. This is essential to any lasting partnership.

This exercise of identifying your values and someone else's, and then linking them to the best of your ability, is an ongoing process. You'll be doing it for the rest of your life, and the wonderful result is that you'll not only communicate more effectively and enrich the relationship, but you'll also become more grateful for one another.

Reevaluate on a regular basis. For key relationships, I recommend that you discern your values, and the other person's, on a quarterly basis. Every three months, stop and look at what's important to each of you in life right now. If you don't know, observe and ask! I advise you to schedule this quarterly linking because it saves you valuable time in the long run. Aren't your relationships worth it?

But, I Thought That

The media, story books, movies, even songs, create various myths that nobody can live up to. That movie moment is just a moment - the hero walks off into the sunset with his beautiful lover in his arms. What do you think happens when they get over the horizon? She probably comes down on him because he messed up her dress, or he dumps her on the ground because he's hungry. There is no such thing as happily ever after.

There are ten common relationship myths that I would love to dispel here.

Myth #1: A (New) Relationship Will Make Me Happy

If you've ever been in business or in love with someone beyond that initial period of infatuation, you already know that relationships don't make you happy. Instead, sometimes you perceive yourself to be feeling better, and sometimes you don't - the same as when you're on your own.

Have you ever thought that something would make you happy (a new job or house, for example), and then when you experienced it, you discovered another set of crazies, a fresh set of challenges? You finally received something you wanted, and then you found all-new aggravations and problems. What's more, your fantasy may have set you up for a fall, such as when you romanticize an event to such a degree that the actual day-to-day activities following it can't possibly measure up. No matter what this 'thing' was that you thought you'd love to experience,

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you probably had other moments that you perceived as being pleasant, too . . . and moments of sadness, followed by gladness again.

Regardless of the circumstances, everyone oscillates between feeling up and down throughout their entire lives, and you'll experience both sensations in every relationship, no matter how ideally it begins. You'll have periods of comfort and discomfort. At times, you'll be treated with what you perceive to be kindness, and you'll also receive what at the time appears to be cruelty, no matter how 'wonderful' or 'beautiful' your mate may seem to be.

Happiness isn't the reason for being with someone, anyway.

The purpose of relationships is to help awaken you to the inherent balance existing within and around you, and to assist you in acknowledging your own magnificence and wholeness.

Actual experience is far more inspiring than illusion and fantasy. How wonderful that you don't just order up your emotional life and have it delivered to you like some relationship pizza. How magnificent that you, all by yourself, get to explore the incredible array of passions unique to humanity - and that connecting with others helps you expand into an ever-increasing capacity to feel, think, and experience. How amazing it is that other people don't give you your experience of life, but can help you become more deeply aware of it!

When you approach relationships with all this in mind, your appreciation will be radically increased. Instead of getting disappointed because you're not happy all the time, you can start to identify all the facets of your life and grow from that experience, whether you'll be sharing your days with someone else or not; and if so, whether it's for a long time or just a little while.

Myth #2: When I Find My Soul Mate, I'll Feel Complete

There's no such thing as one forever, fantasy-fulfilling person who'll give you everything that you think you need. Carrying on as if your one and only soul mate will complete you leads to so-called heartbreak, although it's not really your heart that gets broken. Rather, it's the false ideas that you project onto your 'loved' ones. You experience a 'broken heart' only when you've been infatuated and now perceive loss of some kind.

When the fantasy falls apart, you'll resent someone else for not making it come true. Yet you set yourself up for that disappointment right from the start by denying the negatives, exaggerating the positives, and placing the other person on a pedestal. When that special someone behaves as any other normal human being would - by displaying both apparently positive and negative traits - he or she gets yanked down off the pedestal and thrown into the pit.

Thinking that someone will know and love you so well that any negative traits will disappear sets

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you up for a fall. That doesn't mean there's no such thing as a soul mate, just that we're wise to redefine the term.

A soul mate is actually your full complement. This may be unified and expressed at any moment in one individual or be diversified into many people. This being participates in your expressing your wholeness.

The soul mate helps you awaken to and love all components of yourself.

This assists you in discovering and appreciating any of your disowned parts. But don't fall down the rabbit hole and start thinking that someone else 'fills in' your 'missing' parts. There's nothing lacking in you!

Your soul mate can be someone (or 'some many') with whom you merge and from whom you emerge as an individual. When you truly find this, you discern that the other person is (or other people are) no more the source of fulfillment than one star is the source of light for another.

Myth #3: The Right Relationship Will Last Forever

What if I told you that for every relationship coming together, there's one falling apart? This is certainly supported by the often-quoted statistic that half of all marriages end in divorce. And in countries where religious reasons prevent formal dissolution, there are affairs and forms of polygamy, which are really divorce processes without legal papers.

Having this fantasy that you're supposed to stay together forever can be disheartening when you know there's only a 50-50 probability of doing so. (Of course, when you add in the fact that in most relationships one partner dies before the other, the likelihood of spending your entire life with someone approaches zero percent.)

The right relationship lasts as long as both people in it would love it to last.

Two predictable problems stem directly from buying into the myth of forever:

1. Taking someone for granted because you think this person has to stay with you no matter what
2. Feeling devastated and depressed if a breakup occurs and the fantasy self-destructs ('But I thought we'd always be together')

The idea that a relationship ending is the equivalent of failing is a childish notion. If you can embrace the idea that the purpose of being with someone is to bring you to a greater understanding and appreciation of yourself, you begin to realize that forever is a ridiculous

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standard - unless you're talking about the human heart and soul, which do remain connected no matter what. It's the understatement of this century to say that things in physical form change, but it's nowhere more evident than in relationships. Death, estrangement, divorce, and even amicable distancing - these are all common so-called endings to a relationship.

It's worth pointing out, though, that these apparent endings are mere illusions to the human heart and soul. Quantum physics shows that two particles once connected remain so, as entangled partners, even when they're removed from one another. John Stewart Bell, an Irish physicist, identified this phenomenon in the 1960s and called it *nonlocality*. In other words, the connection has to do with something that's 'not here.' So from a scientific perspective, there's no such thing as an end to a relationship of the human heart, which is a form of energy (which is particles and waves). This could be likened to what Albert Einstein called 'spooky action at a distance.'

The solution? Instead of daydreaming about eternity, focus on what you can do today to be caring, honor your own and your partner's values, and bring greater perceived fulfillment to both of you.

Myth #4: Once We Get Past These Rough Waters, It Will Be Smooth Sailing

Relationships aren't static, so no one fix eliminates all your supposed troubles. As I've already said, it's human nature to have ups and downs, happiness and sadness, support and challenge, attraction and repulsion, and so on.

Even if you've already embraced this idea, it's still tempting to think that if life gets easier, things with other people will be better. Not so!

Maximum evolvment occurs at the border of chaos and order.

Therefore, if you ever get everything just so, you end up attracting or creating new confusion just to keep you on the edge, to make things challenging, and to guarantee continued development. Whether you know it consciously or not, you have an undeniable impulse to grow, so you automatically put things in place to ensure that it happens, such as getting involved with someone who will push you in that direction.

Remember, the purpose of relationships is to balance your perceptions and to help you perceive, own, and appreciate your own wholeness. This purpose requires periods of difficulty just as much as times of ease. Life involves a balance of each, of liberty and constraint.

Myth #5: A Good Relationship Requires Sacrifice

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Simply put, sacrifice breeds resentment. Although some religions glorify acts of selflessness, there's actually no such thing. Any time you do something you don't want to do and don't see any benefit for yourself in doing it, you'll resent it, either immediately and consciously or on subconscious levels that will bubble up later, without fail. It looks like this:

- You give something you didn't really want to give.
- You don't get the acknowledgment, reward, or reciprocation that you think you deserve.
- You become disappointed and resentful.
- Then you feel guilty for not being unselfishly generous.
- And finally, you feel the need to sacrifice again.

It can become a self-defeating cycle. I don't care if you're a parent giving to a child, a worker to a company, or a romantic to a lover, this behavior eventually leads to resentment. There's always a hidden agenda of 'What's in it for me?' It's often suppressed, and this is why sacrifice is ultimately unwise and incomplete.

Does this mean that there's no such thing as altruism, philanthropy, or generosity? No, it just means that anytime these exist, so do egocentricity, misanthropy, and greed. There's always a balancing force, even if it's sometimes hidden or unconscious. Acknowledging this fact helps you see why it's so important to link what you love with whatever you do, or to simply say no.

The corollary to the myth of necessary sacrifice is the idea that you have to consciously and continually balance give-and-take. The challenge of living with this approach, though, is that your idea of equilibrium is often defined according to your potentially one-sided perceptions and doesn't always recognize a true 'fair exchange,' since it doesn't always consider all parties' needs or values equally.

If you try to make sure that things are always even with your partner or friends, you might wind up keeping an unfair score. As you run such a mental tally, you can start to experience varying degrees of selfishness and stinginess when you feel you've given too much, and grades of guilt and unworthiness when you feel you've taken too much. When you live according to this myth, such a road can, again, lead to resentment.

If instead you can learn to see that there's *already* a perfectly balanced give-and-take in any relationship - that it's just a matter of discerning the forms of exchange that are unique to you and your loved ones - then you can change your perspective entirely. You can begin to see that keeping mental tallies isn't what's important. Instead, it's the ability to articulate and translate what you'd love to receive and bestow in terms of what your partner wants: That's true fair exchange.

What if you could experience what you'd love to have by helping someone else get what they desire?

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Conversely, what if you could help someone else see how they receive according to their values by giving in alignment with yours?

You could eliminate sacrifice altogether and empower one another to grant each other's heartfelt requests. There's an art and science to asking questions in a way that inspires an unreserved *yes*, as well as knowing how to hear requests so that you see how to say *yes* without hesitation. It also helps you get clear on when *no* is the right answer for you so that you can decline without a hidden agenda or brewing resentment - and you can then hear others say *no* with the same equanimity.

Myth #6: Great Sex Happens Only at the Beginning of a Relationship

There's no denying that sex for the first time (or first several times) can feel hot, electric, ecstatic, and mind-numbingly, flesh-tingly new. I sometimes call it the 'mounting reflex,' which is in response to the yearning and passion of the sex organs, also known as *lust*.

There's also heart-to-heart, eye-to-eye, light-to-light cocoon love. It's intimate. You get lost in someone else's being; and you stop feeling the separation between your bodies, minds, hearts, and souls. This is no reflex. It's the personal, heart-to-heart *aflex*, a word I made up to describe the free choice to love in the present, in contrast to an automatic response. Let's call this true and intimate lovemaking.

Which one is better: *lust* or lovemaking, reflex or *aflex*? Which one would you want to experience for the rest of your days? The good news is that you don't have to choose. These two types of sex can occur at different levels all through your life, even in relationships that last beyond the initial infatuation stage.

Both *lust* and lovemaking can continue to grow and evolve, as long as you understand and disable the mechanisms that might shut them down.

Myth #7: In the Right Relationship, I Won't Have to Work at It

This one's almost a no-brainer, although many people hang on to the idea that being with someone should happen 'naturally.' As you probably already know, at least on an intellectual level, a fulfilling relationship requires concentration, organization, effort, and skill. There's serious work in keeping and developing *any* connection with others, whether it's personal or professional. Think of *work* only as the movement of some force over some distance, as action and energy.

Any relationship requires work if it is to live.

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Anytime you don't put action and energy into your relationships, they automatically undergo entropy and decay. Staying close to someone is an uphill process because both people are changing and evolving. If you don't keep up with the other person's value system and your own, and maintain the skills of communicating your preferences in terms of theirs, someone else could come along and distract one of you, perhaps permanently.

Myth #8: If I'm Not Involved with Someone, I'll Be Lonely

Have you ever been physically close to someone, even in bed, and felt a huge distance between you? Have you ever been thousands of miles from another person yet felt as if they were right next to you? If so, then you already know that loneliness has little to do with being alone.

Feeling lonesome is more a function of how you perceive yourself relative to your environment. In a dependent relationship, you assume that the other person has something you don't. Yet you do have their traits, although possibly in a different form because you have a different hierarchy of values. Honor your own way of being!

The next time you meet someone who seems to have something you lack, you'd be wise to look deeper and see where you actually do have it. Keep asking yourself where you possess this attribute until you can see that you own it in equal measure - yes, to the same degree. It completely changes the dynamic of the relationship and erases dependency. Over the last 20 years, I've had the opportunity to watch tens of thousands people from all over the world make this amazing discovery. It's incredibly powerful and life changing. We're truly mirrors of each other.

People often use the illusion of loneliness to stay in an unfulfilling situation, or to jump from one commitment to the next without discrimination. For those who are seemingly alone and buying into this myth, watch out for the number one relationship repellent that this false belief creates: desperation. Remember, nothing's missing. You can become aware that you have everything you think a relationship delivers without the other person 'giving' it to you.

Myth #9: Children Complete a Marriage

Child rearing has two sides, just like everything else. As a parent, you have one part of you that consciously or unconsciously feels elated and excited, and another part that wonders what on earth you've gotten yourself into. Having a baby is happy and sad right from the beginning.

Clearly, children don't complete a couple any more than romantic partners complete one another. In truth, the most common effect of having kids is that the parents live vicariously through their offspring, getting to re-experience old pleasures and pains in familiar or novel

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ways.

At the same time, children tend to express the parents' repressed or disowned parts. For example, if a mother and father are unable to embrace their own sexuality, a child may become promiscuous, horrifying them and forcing them to confront aspects of sexual expression that they've avoided. Or, as another example, if the parents always hold in feelings of anger, the child may rage, giving voice to unspoken fury. I've heard it described as *the plunger effect*: Whatever emotion one person pushes down comes pouring out of someone else who doesn't have the controls screwed on so tight.

Children become a mirror that parents can look into and learn to appreciate.

By learning from their kids' behavior, moms and dads can also impart some wisdom about human nature, accelerating the personal evolution of the child.

Studies show that the more educated the culture, the slower its population grows. There are religious exceptions, but in general, this is true. The more socioeconomically depressed a society is, the higher its reproduction rate. As people gain more knowledge, they become more integrated and recognize that they have all parts - they don't need offspring to deliver what's supposedly missing.

Children foster a feeling of completeness, in that they can feel like an extension of you. Are they necessary for that? No. Are they a manifestation of that? Yes. Are there certain things that children can bring to you in awareness and education? Yes and no. Please understand this: No one is missing a mother, father, sister, brother, son, or daughter. Nobody!

Myth #10: Opposites Attract

At this point in your reading, you may be starting to see that you have no real opposite. You may have disowned parts of yourself, which you'll decide to date, marry, or even parent.

All parts are there inside you, whether you acknowledge them or not.

It may seem as if opposites attract merely because you don't see yourself in someone else right away. You get infatuated with parts of them that you think are special and theirs alone, and you can't see that you have them, too. When you do this, you unconsciously filter out anything that goes against your values and exaggerate whatever you consider more supportive or positive.

Later, when friction starts to develop because of perceived differences, you again deny that what bugs you, turns you off, and drives you crazy also resides in you in equal measure but in a

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different form. The other person appears not to support your values, so now that's making you nuts. When your partner begins challenging you, you may think, 'I don't want to be in this relationship!' That's because your un-awakened self, that part of you living in the fantasy of having pleasure without pain, positive without negative, is attracted to whatever you think is similar to you or what you believe supports your highest values.

Psychologist Carl Jung observed, 'Everything that irritates us about others can lead us to an understanding of ourselves.' When someone starts to get on your nerves, that's your opportunity, again, to look inside and find that very same trait in yourself - and discover that you have it in equal measure. This could be described as claiming your disowned parts, and it's when you experience a personal growth spurt in your relationship. You attract and are drawn to people who *appear* to be your opposite, and as a result, you get a balance of like and dislike, support and challenge.

Infatuation, according to the Greeks, was an exaggeration of similarities. Resentment is an exaggeration of differences. Love is equally embracing both.

Once you've lived through the infatuation stage, and the other person doesn't live up to the fantasy, you resent him or her. Guess what you say: 'We don't have a thing in common. We don't see eye to eye anymore. We have two different lives, and we don't get along. We just don't have the same goals.'

Loving Me, Loving You

In the mythical book of love, you'll find another core tenet alongside 'Be yourself', which is 'Love yourself first'. Again, this may sound as though you should be thinking, 'Oh, I need to build up my self-worth so that I appear confident to others, which will make me attractive; and therefore my soul mate will show up and want to be with me.'

Although you're probably more appealing to others when you're self-confident, that's not how I mean 'Love yourself' at all. For you to experience the affection that someone else has for you, 'warts and all', you'd be wise to cherish yourself fully. This means choosing to see yourself 360 degrees, with your unique expression of every character trait. It also means realizing that you encompass a truly perfect, complementary collection. When you embrace this, your dark and light, your positive and negative - in sum, your supposed duality, of which the so-called parts are actually indistinguishable - then you're ready to experience unity.

Finding this with another person involves embracing who each of you is and what each of you brings to the relationship: two distinct perceptions and ways of thinking and feeling about the world. This is what I call the love dance, where both partners learn to enjoy all parts of themselves and of one another.

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One woman, a high-end interior designer I met in Hollywood several years ago, provides an interesting case study. To be blunt, she told me that she was horny, frustrated, and ready for a new relationship. ‘Dr. Demartini, I need a man,’ she said. ‘I really want a guy in my life.’

‘I don’t think so,’ I replied, ‘or else you’d be dating someone. Let’s take a look at what your life’s demonstrating and get clear on your values.’

As we examined this together, she realized that the last time she’d been romantically involved with someone, her business had nearly gone under, she’d almost sacrificed some things that she’d wanted, and she endured various other ‘negatives.’ So she’d sworn to her unconscious self that she was never doing that again—and *voilà*, she had no ‘one special’ man in her life.

When we started to look, it was also clear that the experiences she desired to share with a man were already present. She was generating plenty of sexual energy—except that it was directed into and came from her work. When she walked me through a house she had designed, my response was, ‘My God, this is like a sexual encounter.’ In addition to the layout, which was filled with male- and female-genital symbolism, she moved through the house in an incredibly sultry way.

I said, ‘Look at the way you lean against that table and how you hold yourself as you move up the stairs - you’re being seductive with all of your male clients, I bet.’

Up until that point, she’d been totally unaware of this and thought that she was frustrated, unable to find someone with whom she could share her sexuality. She’d allowed herself the illusion that she was missing something, but everything was indeed manifesting - just according to her values, not cultural expectation or personal fantasy.

When she saw what she was doing, she admitted, ‘You’re right! I now realize that when I complain about not having a man, it’s just a response to what I think I’m supposed to want, not to what I really love. I actually don’t want a man right now, mainly because of the negative associations that I have between them and my business. Guys threaten my real values. I don’t want to be dependent; I want my own money to do whatever I want, when I want. And I crave the spotlight and refuse to live in somebody’s shadow.’

Her current set of priorities, including her desire for independence from powerful and controlling males, emerged from her perceptions or misperceptions of her relationships. I then applied The Demartini Method® to her emotionally charged history, helped her feel gratitude and love for it, and broadened her options for manifesting her soul mate.

She realized that she was already manifesting guys in her life, but they were clients. She could be paid for her work, receive acknowledgment, and act sensuously in front of them, and still have control. At that point, she had a choice: shift her goals, or honor her existing hierarchy. Either way, she could continue to share her life with her ‘soul mate,’ whether in the form she was currently experiencing or in a new way - one or many.

You might imagine that I ‘should’ only be telling you how to secure someone in your life instead

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of how you might choose another path altogether.

There's the crux of it, however, and I hope that it's starting to sink in: It doesn't matter whether you're unattached or with another person - perceiving yourself as unlucky in love or head over heels - your soul mate is already with you, manifesting as a single form or many that you may or may not be recognizing.

Everyone has a different set of baggage, and a couple's unique combination creates its own dynamic - and each of us can decide whether we want to continue in that situation or not. No one has to be in any partnership forever. You can say, 'Okay, I've learned my lesson from that, and I'd rather acquire different wisdom now. This isn't where I want to stay.'

You have a right to move on. If a particular connection isn't what you'd love to have in your life and your partner isn't interested in getting past his or her own stuff, you can decide to go—and deal with a new set of baggage as you grow in a different direction.

Your past issues will weigh heavily on you at times, someone else's will trouble them at others, and at still other times you'll both be dragged down together. Sometimes you need a moving van, there's so much baggage! Frankly, I don't know of a more effective tool for unloading and unpacking it than The Demartini Method®.

Oh Baby

What's really going on when you're attracted to someone? We've already touched on this in an earlier chapter, when I wrote about the infatuation phase. Remember, this is when you see only one side of a person: the positive traits, the potential for a happily ever after. You don't even notice that her feet stink or that he scratches his butt. No, she's Cinderella and he's Prince Charming - for now.

Your body chemistry only heightens the whole lopsided process, giving you regular doses of dopamine (a hormone that mimics the effects of cocaine), resulting in phenomena such as energy boosts, appetite suppression, heart palpitations, accelerated breathing, hyperactivity, and insomnia. Romantics say, 'I love him/her so much that I can't eat, sleep, or think straight.' That's the dope talking. And dopamine triggers testosterone, which means sex drive goes up, and soon enough, you're making love like bunnies.

There's no doubt that sex drive is partly chemical and hormonal, but it's also psychological and energetic. Partners in a relationship become more susceptible to outside interests when they stop honoring one another's values. It's as if a periscope goes up, out of the relationship, to scan the horizon. And males, because of their naturally higher levels of testosterone, scope things out more often than women.

This isn't to say that men are significantly more likely to stray; I think it may actually be nearly even-steven (or even-stephanie). It's just that guys probably consider their options more often.

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Statistics on the rates of infidelity are suspect because there's no way to gauge the honesty of survey respondents. Some people might deny activity they're ashamed of or brag about something that never happened. Yet here's something to consider: The Associated Press reported in the late 1990's that 22 percent of men and 14 percent of women admitted to having sexual relations outside their marriage sometime in their past, 70 percent of married women and 54 percent of married men didn't know about their spouse's extramarital activity, and 17 percent of divorces in the United States are caused by cheating.

Interestingly enough, a man's testosterone levels go up or down, inversely proportionate with the attachment he feels in his relationship. In other words, the more attached he feels to his partner or family, the lower his testosterone levels. Right after orgasm, a man experiences a surge of vasopressin, which is thought to depress the hormone. Also, a new father's testosterone declines immediately when his child is born. In fact, it drops when he simply holds a baby, just from having parental, caretaking feelings.

Does this mean that the more attached a man is to his partner and family, the lower his testosterone levels are and, therefore, the lower his sex drive is, so he's less likely to put up his periscope? Bingo! And what creates this bond? The more he feels his values are being honored and fulfilled in the relationship, the less he feels the need to look elsewhere; both his psychology and his chemistry support this.

What creates a similar effect in women? Having her own ideals respected, of course, plus sexual fulfillment (specifically orgasm) and nursing a child, both of which trigger release of a hormone called oxytocin, the female counterpart to vasopressin.

But don't confuse attachment and its hormones with some kind of magic bullet for fidelity. Where polyamory (loving more than one) isn't restricted by cultural barriers, or in couples who choose not to comply with cultural norms, it's more freely expressed. Although 'open' relationships have their own challenges, they're not inherently 'worse' (or 'better') than 'closed' ones. Human connections can take myriad forms, all of which are valid and potentially viable.

Since many of this book's readers will, I assume, be interested in what creates monogamy, and since this often proves to be a highly challenging aspect of marriage, it's definitely worth taking some time to understand what influences people to conform with this expectation or not.

Let me just state it plainly: No one will remain sexually 'faithful' unless it fits in with his or her own hierarchy. In other words, there's no such thing as being true to this woman or that man . . . only to one's own values. Because all people have a complementary set of opposite traits or personas, you'll find that everyone will be more trustworthy when it comes to their higher values and less so about their lower priorities. Realize that the experience of betrayal can be half of every partnership, because people live according to their ideals, not yours.

So if such values as monogamous marriage and relationship stability are high on the list, then sexual fidelity may result. If family ranks above a variety of sexual partners and your mate is

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unwilling to nurture children while you have sex with other people, then you'll do your best to honor the higher value - but you might not always follow through. It's also possible that you might choose to pursue both interests and not tell your spouse. It's a recipe for so-called dishonesty and affairs when a person is being true to their own goals but presenting a facade to preserve a partner's fantasy.

If you'd rather not play the game of propping up one another's illusions and then getting disappointed, devastated, or dumped, and you'd prefer to get to the heart of love in your relationship, then find out what's important to the other person and don't try to project your ideals onto him or her. You're wise to pay attention both to what someone says and what he or she does. When you're just getting to know someone, it's not a good idea to overwhelm him or her with your own fantasies about relationships, but instead to really understand and honor that individual.

How do you do this? First and foremost, make it advantageous for the other person to be honest with you, because that's the only circumstance under which someone will do so. In other words, practice hearing someone else's truth without expressing your judgments about whether it's 'good' or 'bad' (that is, whether it matches or mismatches your own values) and without trying to give punishments or rewards for specific values. You can do this by using The Demartini Method® to defuse whatever 'charges' you have on this person, whether positive or negative.

Please understand that people will only be up-front when they perceive more advantages in doing so than disadvantages, according to their values, and they'll be deceitful when they believe it's in their best interest. People are forthright and misleading in different settings, though most will imagine themselves as only one (honest) and deny their other attribute.

In couples, those who perceive themselves with the least overall power in the seven areas of life, seek more monogamy (apparent constraint); those who see themselves as having the most strength seek more polygamy (apparent freedom). Generally, the extreme monogamist feels compelled to marry and 'settle down,' while the ardent polygamist is driven to remain single and 'run free.'

Extremely powerful polygamists attract others who exhibit their disowned parts - extremely powerless monogamists - to neutralize their expressed qualities and to teach the balance of love, and vice versa.

When you allow this imbalance to persist in your relationships, you're likely to start playing familiar roles, such as parent and child or controller and controlled. Although this dynamic will occur to some degree in any relationship, the more equal the two people feel, the narrower the oscillation will seem - in other words, you moderate the interplay of power instead of having one person at each extreme. The greater the difference, however, the more it dampens sexual desire. 'I married my mother (or father)' is the complaint of someone who's become an extreme underdog in some domain and whose partner has become the parent. 'Smothering' and 'controlling' don't usually foster sexual closeness.

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Careless, Careful, Caring

There are three ways to conduct a relationship, and each one has entirely different outcomes; they are careless, careful, and caring.

A careless relationship is one in which you project and focus on your own values without considering theirs at all. A careful relationship is when you think in terms of their values without considering your own-this one is called 'walking on eggshells.' Both are one-sided approaches that ignore the other side and create tensions in the partnership.

A caring relationship is one where you communicate your values in terms of theirs. You think of both sides of the relationship simultaneously, and that synthesis allows both partners to express their love for themselves and their mate. The definition of caring is knowing someone well enough to know their values, and caring enough to express your values in terms of theirs. Caring is the key to a fulfilling relationship.

If you're not satisfied with your partner it maybe because you're partly comparing them to some fantasy, and you're punishing *them* for not living up to *your* fantasy. You create a myth that they're supposed to live up to, a hidden agenda that you haven't even communicated, and when they fail to live up to it you punish them. Your fantasy is all positives and no negatives, which doesn't exist, and you beat them up for their negative side, which is exactly what you need to grow.

Reality is accepting that the mate you're with is magnificent, but you're comparing them to an image that you're elated with, and as long as you have that myth you won't have a present relationship. You have to destroy the myth of relationships in order to experience the truth of love.

(Dr John Demartini: www.drdemartini.com)