

emotions *report*

Demartini & **ME**

Mark Frantzen, a self-confessed cynic, spent a session with Dr John Demartini to find out more about the Demartini Method. He shares his experience:

emotions report



I met Dr John Demartini a few weeks ago. I had been invited by *Longevity* to participate in a one-on-one session with him and to write about my experience. I have participated fairly extensively in men's workgroups and have done what might be called a fair amount of "personal development".

To be honest, I don't like the idea that we define ourselves spiritually, or in terms of our "consciousness", and wondered if the expectation of the invitation was that I would undergo some form of emotional processing through this experience.

But, grateful for the opportunity, curious and slightly afraid, I drove to one of the more exclusive Sandton addresses to meet a man I'd seen on every second billboard in Sandton.

Unbeknown to me at the time, Demartini is one of the experts who produced the cult movie *The Secret*. The movie is essentially about the power we have within ourselves to create our own reality every day.

As described in the film, the Law of Attraction Principle works on the premise that feelings and thoughts can attract events – from the workings of the cosmos to interactions among individuals in their physical, emotional and professional affairs.

The movie is now six years old and, while the notion that we can "create our own reality" may appear passé today, at the time it made a big impression on me. The movie (and subsequent book) achieved a cult-like following among spiritual junkies (a group of which, at different stages of my life, I have, unashamedly, considered myself to be a member).

I couldn't help noticing that at the recent UFO Conference at the Sandton Convention Centre, a couple of the guest speakers had also participated in the making of *The Secret*. I must admit, I wondered about that...

So, I met Demartini.

I sat, as directed, on the sofa, a little lower than Demartini's chair. It reminded me of a technique popular late-night talk-show host Jay Leno always uses, thereby ensuring that he sits several inches higher than his guest.

I felt a little under the spotlight.

Demartini was immaculately dressed in a suit and purple tie, and powerfully held my gaze.

He asked me to talk about some of the difficulties I was having with life – nothing in particular – just whatever may be bothering me.

I'd been preparing for the meeting for some days and had already decided I was not going to talk about the typical struggles we all face, like work or money issues, but rather to share something deeply personal that had profoundly affected my life as a young boy.

I told him my story and about some of the beliefs and judgments I had formed

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through this experience.

Though he appeared clearly interested, he looked at me fairly passively. Waiting for me to finish, he then began to talk.

What he said or, perhaps more correctly, what I heard, seemed to go something like this: We all seek to live with love, gratitude and harmony in our lives. Just as the polarity of life means that good cannot exist without evil, love without hate, honour without dishonour, and even the sun without the moon; so life always offers us a balanced, energetic exchange. Without the duality of life, many of the values we share would simply have no meaning.

He elaborated, that when I am denied an experience that I desire, I will seek to create that experience in another form.

For example, where I experience my mother as absent, I will seek to create an attachment (that mirrors that energetic loss) in another relationship, with that new relationship compensating for some of the needs not met by my mother.

If understood in terms of the growth purpose this serves in my life, this new experience will help me balance out the idealisation of my mother, who was not able to be adequate in all respects (none of us are).

The new relationship (which could be with a teacher or mentor) would offer me an intimacy or experience I wouldn't otherwise have shared. So in this way, my mother has also served my need in another type of experience.

Through developing this new relationship, I also become more, gaining the mentorship (or praise, or support) I experienced as lacking in my mother. This way I am broadening my understanding of how all life's experiences support me into becoming the person who I am.

Demartini went on to say that since the universe exists in perfect balance and order, it is not possible for a "loss" or pain to be experienced without the universe offering a commensurate gift. It may take many years to understand the gift that was gained, but – and this is critical – if we understand how we are always served into consciousness and learn how to ask the right questions, gratitude and love in all circumstances are inevitable.

Demartini speaks about a series of quality questions that bring perfect

balance to the mind, which opens the heart and allows the mind to be certain and present. It is a scientific process of asking specific questions to dissolve emotional trauma.

When he started the process with me, I found myself stuck in my judgments about the person whose behaviour had hurt me so deeply. At first Demartini's insistence that I had to dig deeper to find the gifts of this experience felt insensitive and lacking heart.

But, as I did travel deeper into my experience, I realised that much of my nature and uniqueness has evolved directly from this pain. And in this process, the anger and trauma of my childhood began to dissolve.

It was a powerful message, and in a sense discharged much of the illusion and judgment I had. I saw how my pain had served me into another form of intimacy, how that intimacy had supported me in ways [my mother] had not been able to, how my fantasies about mother-love had kept me stuck in disillusionment and anger, and how I had developed other, different qualities (which I would surely not choose to give up) directly as a result of my experience of pain.

The love-gratitude-harmony circle was complete. I was able to

forgive the person at the centre of my pain and feel grateful for how the experience had, "carried me into the life I was called to live".

Demartini's message was clear: Look closely at the pain that exists in your life. Ask yourself which part of you this pain could be calling forward into something new and different. Notice how you have adapted to cope with the pain in your life and how, through this adaptation, you have developed qualities and attributes that perhaps you otherwise wouldn't have. Notice the belief-system you have lived with,

where your expectations can never be met and where illusion, fantasy (and ultimately disappointment) control your life. See how all the parts of your life are perfect, and that there is, as Demartini would say, "a Grand Ordered Design" watching over all of us.

Where I resist reality, there I will experience pain. Where I accept reality, there I will experience joy, or at least peace. My task is to find this acceptance, knowing that every experience I have in my life at some level supports me into consciousness, and that all the characters in my story come bearing gifts.

I had gained great insight from one short session, and, as we parted, it seemed appropriate that I had spent the past two hours looking up at Dr Demartini. ■

'Where I accept reality, there I will experience joy, or at least peace'

AT A GLANCE

It is said the Demartini Method can "dissolve and liberate people from any debilitating issue in a matter of hours". It has been created by human behaviour specialist, educator and author Dr John Demartini using 40 years of in-depth research into human behaviour.

Demartini says the method can be used in social, work and even personal issues – from resolving conflict and stress in your relationships to shifting misconceptions in family dynamics, from empowering staff to increasing business productivity, from transforming health issues to dissolving stress and solving internal dilemmas.

While American-born Demartini travels extensively, he says he has found a connection in South Africa, and returns for extended periods, at least four times a year. He founded the Demartini Institute in 1982, which is "dedicated to exploring and expanding human awareness and potential, with a mission to inspire men, women and children across the world to become purposeful and disciplined masters of themselves, and dedicated,

inspired leaders of others". He has a dedicated office (and arm of the Demartini Institute) in Johannesburg.

Common issues that Demartini believes can be fixed or improved through his methodology:

Uninspired by career * depression * anger * intimidation * grief * an issue with a person in your life * single and unable to find a relationship * married and wanting a divorce * dealing with issues of divorce relating to children * trying to find balance between work, home and family * abuse or unhappy childhood that is hampering your future * victim of crime and you cannot move on * feeling of shame or guilt * dysfunctional family issues * loneliness or a broken heart * overwhelming stress, challenges or adversity * debilitating fear, resentment or anxiety * any health challenge or illness * frustration at not being able to achieve * low self-esteem * suicidal thoughts * overcoming an addiction.

To find out more visit <http://www.drdemartini.com>.