The Breakthrough Experience
By Dr John De Martini

1. Pg 6 – **Gratitude is the key to growth and fulfillment.** If you were to give someone a gift and they just looked at it and then tossed it aside without thanks, would you be inclined to give them another? Of course not, and the universe responds just as you do. We are built on universal principles, and the universe behaves like us on a grander scale. The universe bestows its gifts where they are most appreciated. If you are not grateful for what you have been given, then why would the universe want to give you more.

2. Pg 14 – **People treat you exactly the way you unconsciously treat yourself.** Their outer mannerisms toward you reflect your inner mannerisms, so one of the most powerful ways to transform your life is to become unconsciously aware of your beliefs and feelings about yourself.

3. Pg 34/5 – **Whatever you disown in yourself you attract INTO your life in one form or another.** You marry your disowned parts, become business partners with them, and attract them as clients and friends. Whatever you do not want to see or appreciate in yourself, you keep attracting into your life until you learn to love it.

4. Pg 37 – **You have the power to create what you imagine, in direct proportion to how much love and gratitude you have in life,** because your self-worth allows you to magnetise and attract those things into your life and make your visions real. When you know that you are loved no matter what, you have great power.

5. Pg 51 – **I am a genius, and I apply my wisdom** – say this every single day for the rest of your life and never miss a day.

6. Pg 58 – **I would like to become an international professional speaker,** can you give me some advice and direction (asked to Wayne Dyer)? Dyer looked down and said quietly, “Just start telling people you are an international professional speaker.” The expression on my face was like, “Uh-uh, and what else?” so he repeated, “Just start telling people that.” He kept it really simple.

7. Pg 60 – **If you truly become crystal clear on how you would love your life,** to such a degree that you can not see anything but that, it is almost impossible for you not to get it. Absolute clarity adds vitality and enthusiasm to your actions. If you can say, “I am worth it, I deserve to have my dreams, I deserve to take the time to focus on the infinite details to create them, I have a human will, and I will align it with divine will and allow it to fill me and inspire me to write out each dream in a specific fashion,” and then you do it … then it is yours.

8. Pg 67 – **“Who do you think you are?”** All of a sudden, out of my mouth came this: “I am a person on a quest to study universal laws as they relate to mind, body, and spirit, particularly in relation to health. I have dedicated my life to it, and I have learned on that journey that whatever I say to you is what I am working on in myself. I am honoured to have someone like you here so I can learn and grow.”
9. **Pg 72 – How to handle being insulted!** – “You are deceitful. You are scum. You are a thief. You are a liar.” With every one of them, I was thinking, *Yes that is true, in some way, at some time, in some manner, I display all those traits.* I had been and done them all in some form or fashion.

10. **Pg 72/3 – When someone accuses you of something,** do not waste time defending yourself. Instead, admit that you are in fact possessor of whatever it is they are attacking you for. Not only are you possessor, but they are, too, and they are judging themselves; that is why they are accusing you. If it hurts to hear it, that means you have not seen how that quality serves you or others and you are judging yourself. Their gift to you is to wake you up to another part of yourself that you have not yet loved.

11. **Pg 78 – Life is like a big play,** and whatever role we most resist is the one we get to act in next. We draw in those things to teach us to love ourselves and the world. We are not here to judge, or be positive or negative thinkers; we are here to be love that embraces both sides.

12. **Pg 79 – Ultimately, life is not meant to be only positive or negative,** happy or sad, but to be expressed with a balanced expression of love and wisdom. Wisdom is the instantaneous recognition that crisis is blessing, and love is the automatic, instantaneous expression of the two sides of life. You express either pure unconditional love when you acknowledge the balance, or conditional and emotional love when you acknowledge the imbalance. Either you are centred in a state of love, which feels most purposeful here on Earth, or you go off on emotional “tangents” to gain wisdom about what you have not yet loved. You can not blow it. There are no mistakes. Tangents are not detours, only reminders of how you grow in love.

13. **Pg 89 – The existing paradigm in psychology says that 2 – 5 years is the normal duration of the grieving process,** and I certainly disagree with that belief system. It is possible to completely dissolve grief in 2 – 5 hours ….. through the power of love.

14. **Pg 91 – Nothing is missing, it is always equilibriated** and we are always surrounded by what we love. Just as in a relationship, where the more you try to change your partner the more they resist you, the more you try to change the world into your fantasy of how it should be, the more it bites you. Love it for what it is, and you have the power to transform it – not because you need to change it any longer, but because love gives you the power to do so. Love is magic!

15. **Pg 93 - Your worth in life is directly proportionate to how much love and gratitude you have, and the hierarchy of your values and magnitude of your cause determines much of your wealth.** A lot of people unconsciously sabotage their wealth building because their values and beliefs make them feel unworthy, while those who have great causes and value receive great prosperity.

16. **Pg 100 – Buttons are nothing but lopsided perceptions,** and people come into your life as teachers to point them out to you. The ones who push your buttons the most are your greatest teachers.

17. **Pg 107 – There are three ways to conduct a relationship,** and each one has an entirely different outcome. A careless relationship is one in which you project and focus on your own values without considering your partner’s 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 person and create tension in the relationship. But a caring relationship is one where you communicate your values in terms of theirs. You think of both sides simultaneously, expressing your love for yourself and each other.
18. Pg 113 – **Whatever you love turns into what you would most love it to be.** If you try to fix or change somebody, they will resist. But if you honour and thank them for who they are, as they are, and love them for whom they are, they will assist. When you love people for who they are, they turn into whom you love.

19. Pg 116 – The moment you realise **you have everything you are looking for**, the universe gives it to you. The instant you do not have something, it will evade you further.

20. Pg 127 – **Disease and illness are the signs and symptoms** the body uses to reveal to us where we are not loving. Most headaches are a result of ignoring the soul’s inner guidance and wisdom. They represent a conflict between the emotional effect of the senses and the clarity of the inner voice.

21. Pg 134 – **If you bump into somebody, do not apologise!** Immediately say “Hi I am Trent Taylor. We must have been attracted to each other for a reason. What is your name?”

22. Pg 150/1 – **The seven areas of life are** – Spiritual Power, Mental Genius, Vocational, Financial, Family, Social and Beauty & Vitality.

23. Pg 151/3 – **The seven fears of life are** – Spiritual, Mental, Vocational, Financial, Losing your Loved ones, Social rejection and ill health/death/disease.

24. Pg 153 – DeMartini made up **the Law of Lesser Pissers.** It states that if you are given the choice between pissing someone else off or pissing yourself off, choose them. People come and go, but you are with you for the whole trip……and it is your life. Never sacrifice the eternal for the transient. Embrace both sides of life equally.

25. Pg 155 – Do no think “Man, I really had things together there, but I lost it!” Realise that **you have grown into the next level of chaos and are being given greater challenges** because you have greater capacity. If you are sitting still in a life of ease, you are actually dis-easing, decaying and breaking down. You want to constantly be on the edge of life. So do not sit back saying, “God, I wish life were easier.” Say, “I wish life would become more challenging, and I intend to master the skill of taking on even more of a challenge.”

26. Pg 157 – Every moment we spend focused on our dreams, becomes a moment we spend focused on our doubts and obstacles. **Every moment we spend not focused on the flowers, we are focused on the weeds.** Geniuses focus on the ever-finer details of the flowers that emanate from their hearts, and they create a bouquet from their experiences. The average person who has not awakened their genius, who is not even aware of it, is generally being distracted by weeds, doubts and fears. The weeds are inversely proportionate to how clear your flowers are.

27. **pg 162 - 184 = THE QUANTUM COLLAPSE PROCESS**

28. Pg 186 – Awesome analogy on why your plans/goals need to be crystal clear. **Your uncertainty is in directly proportionate to the details that you have not questioned and answered.** If you want to achieve self-mastery, you must ask the questions and get the details to master your life or you will not build it. The question is, are you important enough to yourself to take the time to plan?
29. TT thoughts – When you create your goals or plan for life, **whatever questions or uncertainties arise is the area within the goal or plan that I have not addressed or made clear within the plan.** Perhaps a great method is too run your plan by someone who does not know what your plan is and see what questions they have that will make your picture clearer to them. I can then address these questions through an explanation or note what they are and incorporate the responses into the plan to give it even more clarity. When somebody else, especially somebody close to me can see my dream and plan with clarity, the chances of support, love, external belief and encouragement in the key areas rise a great deal.

30. Pg 187 – **Your love list must be specific** enough so that if anybody else picked it up they could grab it and act. The higher the degree of specificity, the higher the probability that you will live it.

31. Pg 188 – Sometimes I set goals partially through the influence of my personas, and I must refine and adjust them. My intuition lets me know when that happens, and I train myself to listen to it. Some of the goals you write on your Love List are not necessarily meant to be completed. They are brought into your consciousness to get you to an experience that takes you to the next goal. **Your lists of visions and loves are not set in stone.** It is never done. If you see something you can tweak and refine tomorrow or next week, do it!!!!!!!

32. Pg 191 – Whether you realise it or not, you have a yearning for immortality in every area of your life. You want offspring, subordinates, or students who live beyond you; and somebody to carry on your name, energy, or experiences. **You want to leave some effect on society so that they remember you,** and wouldn’t you like to end up with more money at the end of your life than life at the end of your money? Your spirit knows this and is doing whatever it can to wake you up to your dreams and your true worth, but you must listen to it!

33. Pg 193 – The people who leave immortal effects are **the ones who discover the universal principles and apply them**, no matter what. At first, any new skill is a challenge to master.

34. Pg 197 – **The quality of your life is determined by the quality of the questions you ask.** If you keep asking yourself that question (What would I truly love to do with my life?) and do not stop until you get the answers – and keep refining those answers – you will awaken to and create a magnificent life

35. Pg 197/198 – **Example of a Be Do Have love list item**

36. Pg 207 – The ratio between what you know and how much you actually do is determined by **the size of your why.** You can learn everything it takes to get your goal, but if your why is too small, you will not do what it takes. If your why is big enough, you will learn something and then begin doing it; the hows will take care of themselves. But without a meaningful why, little will happen.

37. Pg 208/9 – **To materialise your dreams, you must consistently take two wise action steps:** 1. **Define your dreams** – If you do not define them, do not expect to have them. 2. **Ask yourself what is in the way of those dreams** – You put your life dreams off based primarily on three things; an un-chunked and un-detailed goal, a lopsided perception (will only win or only lose and not a combination of the two), and a dream that is not linked or aligned with your highest values or purpose. **Break any goal into doable steps, balance your perceptions, and link your dreams to your highest values, and you will break through procrastination and act!!**
38. Pg 216/7 – Instructions and key points to write **your mission statement**

39. Pg 219 - When you dedicate your life to fulfilling your purpose, and appreciate **whatever comes on your journey**, you will be amazed at how quickly and dramatically your life changes.

40. Pg 219/223 – The **MANIFESTATION formula** which must be noted and done.

41. Pg 240 – That is **what life is**, something inspiring that you can dedicate your energies to. The quality of your life is directly proportionate to your feeling of productivity and to the service you bring to this world.

42. Pg 249/250 – Your life is modelled on a belief and a perceptual system, and when you suddenly do not fit into that system anymore, when you have grown beyond it, **you go through an identity crisis phase** while you adapt to your new concentric model. Anytime you strip away a belief system about good and evil, you are going to react differently to your life. **Growth demands this! You must go through some degree of identity crisis to grow.** In fact, your whole life has been filled with a series of identity crises or periods of chaos; you are constantly shedding and renewing. **Having identity crises is exactly where you want to live, though, because maximum growth occurs at the border of chaos and order.** Without identity crises, you are stagnant.

43. The individuals who allow the voices on the inside to be louder than all the voices on the outside are the ones who step beyond the boundaries of what is considered possible, and **leave the next immortal mark.** To the degree that we listen to the immortal part of ourselves, our own soul and heart, we, too, can leave an immortal impact on this world. It is not because we choose or even care to; it is just the natural expression of those people who listen to their hearts and obey their souls.