Demartini Method

For Groups

**Principle 1**

Your values dictate your destiny

*Sub Principle*

Voids drive values

*Notes*

A void is what we perceive is most missing in our life and therefore becomes most important. It is important to us because we want to import it into our mind to fill full us.When your values match your voids, you have congruency in your life. Our voids drive our values.

Our values dictate how we see, how we act and feel in the world. Someone who is seeking knowledge will look for books, courses, and new ways of thinking; they will attract those people, places and opportunities to teach them what they want to know. A person looking for wealth will notice business opportunities, ways to make and save money. Until you continue to have the void, you will continue to have that value. When you attain a goal or the void is filled, you move on to the next void and value.

Your highest value is what is most unfulfilled is called the telos or the end in mind. Your highest value is your purpose. Your identity is an expression of your highest value. You are disciplined, reliable and focused and no one has to motivate you to do this. You are inspired from within to fulfill your highest value.

*Your purpose is the most effective and efficient pathway to fulfill the greatest amount voids and the greatest amount of values.*

**Principle 2**

Actuality verses reality

*Sub Principle*

In actuality, every event is neutral until some on projects their values, thoughts, experiences onto it

*Notes*

In the universe, there is actuality and our perception of actuality, which is our own reality. When we see reality we give rise to reactions in our motor senses, which are incomplete and bias responses. We notice we have a finite body and have finite perceptions.

Our values, morals from without and ethics from within are our lens which we filter actuality into our own personal experience. Theses lens are how we react to events and label them as ‘good’ or ‘bad’, ‘right’ or ‘wrong’, ‘positive’ or ‘negative’. These reactions cause emotions or energy in motion within us. We become more like a spinning top wobbling from side to side and we gravitate to the earth.

Actuality is like a spinning top moving at infinite frequency being steady, radiant and balanced. It is called the prime mover or unmoving mover or God. Here you see the synthesis and synchronicity of complementary opposites, which is equilibrium, which is love. In actuality, there is both ‘good’ and ‘bad’, ‘right’ and ‘wrong’, ‘positive’ and ‘negative’ simultaneously in every moment. In essences, every event is neutral until someone projects their values.

Equilibrating your reactions and turning them into inspired action is liberating you from the bondage of emotions to stay steady and focused on your mission.

*There are 7 billion realities in this world as we each have our own very unique view of the world. No ones perspective is better or worse, just different.*

**Principle 3**

We are made of sound vibrations and light waves; therefore our physical body is a receiving and broadcasting system

*Sub Principle*

You receiving information with your ideas and broadcast information with your

thoughts

*Notes*

The entire universe is made up of sound and light. All information is stored and transported in wave particles of light. The smallest minimal unit known is a quantum otherwise known as the soul and the entire universe is in this space. We have access to all information but our psychology is only beginning to approximate what technology already does.

The soul is unconditional love. It is spaceless, timeless, masses and chargeless. The mind adds space and time to the soul. In all moments the mind maintains full quantum but we may not be consciousness aware of this.

We receive and broadcast information via our mind. There are two aspects to the mind, an imminent mind and transcended mind. The imminent mind is a field responding to synapses in the brain. The transcended mind is connected to the universal intelligence or collective consciousness as Jung described.

The mind has retention, decision, imagination, presence and has time associated with it. It has the capacity to expand or contract. The mind is both passive and active, has a sensory and motor function which Roger Penrose called these ideas and thoughts. We receive ideas passively and send thoughts out actively.

Your ideas and thoughts when unsteady by emotions will appear to oscillate between;

Pleasure and pains

Happiness and sadness

Joys and sorrows

Likes and dislikes

Infatuations and resentments

Attractions and repulsions

Self-righteous and self wrongeous

*Your soul is omnipresence, omniscience, omnipotent.*

**Principle 4**

Infatuations and resentments

*Sub Principle*

You want to be loved and appreciated for who you are and others want to be loved and appreciated for who they are

*Notes*

When someone supports your values you admire, infatuate and become vulnerable to and become a prey to them and the person becomes a predator. You open up to them. You minimize yourself to them inject their values and sacrifice your values for them. See more similarities than differences. You are ungrateful as you have ingratitude relative to you.

When someone challenges your values you put them in a pit, resent them and despise them, you become the predator. You exaggerate yourself to them and close down to challenge. And talk down to them. You want to inject your values into their life. See more differences then similarities. You are ungrateful as you have ingratitude relative to them.

When someone puts you on a pedestal, they build up underling resentment towards you. When someone has resentment towards you, they also have an underlining hidden joy. Deep inside the core of their being you know you want to be loved and appreciated for who you are, not for being placed on a pedestal or in a pit.

When you consciously try to live your life according to someone else’s values you use imperative language. You find yourself saying, I should, I must, I ought to, I have to. This causes a moral dilemma and you say why cant I stay focused? Why do I keep messing up?

If you listened to your own soul you would live according to your own values and you would be a natural born leader. You say I choose to or I would love which is much more empowering and liberating. When the voices and the vision on the inside are louder than those on the outside, you have begun to master our lives.

*I would rather piss others off than piss off my own soul for I am here to rediscover my mission and fulfill it, as no matter what I do I will be supported and challenged equally.*

**Principle 5**

All traits are conserved through time and space

*Sub Principle*

Everyone has a balance of traits and anti-traits

*Notes*

At the level of the soul we are all the same and at the level of the senses we are all different. The soul is the vibration that individuates self-verses others. At the highest frequency of the soul, there is no difference between you, me, others, the earth and the universe. At the soul, we find a common thread between everything. Everyone and everything are one. The lower in frequency, the more your thinking is fundamental, there is more differences and more judgment like I am better and I am worse, you are better and you are worse. I have more and I have less, you know more, you know less.

When we infatuate and resent with ourselves or others we think there is something missing within them or us and have deflective awareness. We judge and minimize ourselves to them and become fragmented and disown parts of ourselves.

Reflective awareness is being empowered to see the seer, the see and the seen are one in the same. Plato nicely defined our mortal experience as ‘all learning is recollection’, we are recollecting the parts we have forgotten to become our whole self. You can never gain or loss a trait. Don’t ever think you don’t have that trait to the same degree. You do, at all levels.

*We become our true selves to the degree we make everyone and everything ourselves.*

**Principle 6**

Maximum growth and development occurs are the border of support and challenge

*Sub Principle*

Seeking a one sided universe is futile

*Notes*

We seek that which supports our values but we attract that which challenges our values by the laws of magnetism. Seeking pleasure without pain, reward without risk, for life to be better another way creates lop-sided perceptions and sets up unrealistic expectations and fantasies. These fantasies on others, the universe, mechanical objects and ourselves create the ABCD’s of negativity which are anger, anxiety, aggression, blame, bullying, betrayal, criticism, chaos, challenges, depression, dependency, despair and create stress in our lives.

Challenge is not a ‘negative’ or ‘bad’ experience. Stress caused by challenges is a feedback mechanism to get you back into equilibrium. It is your inability to adapt to a changing environment. It is a time to be grateful and see it as an opportunity for you to grow. Challenge occurs to make sure you don’t become addicted to support. Evolution ensures challenge through growth is necessary part of life.

Seeking a one sided universe is futile. Love isn’t infatuation, or caring, or nurturing but a synthesis and synchronicity of complementary opposites. Love is seeing both sides of the event.

*Tell me what you fantasies are and what you seek and I will tell you what challenges you will face.*

**Principle 7**

The master lives in the world of transformation, not in the illusion of gain or loss, pleasure or pain, infatuations or resentments.

*Sub principle*

There is no mistake in the universe, only perfection.

* *Notes*

No life can be destroyed without simultaneously being built as all energy is conserved through space and time. When we perceive something is missing, we only grieve over the infatuations, or loss of the parts we perceive we miss and/or the parts we perceive to have gained from the loss. The greater your volatility, the greater your perception of gain and loss or reward and risk will be.

Everything that has every happened in your life has been perfect for your evolution. You are the cause of your own effect. Every action you have taken, every road you have diverted to, every bridge you have crossed you have done so because it has given you a greater amount of reward than risk, benefit than drawback, positive than negative.

* You are here to master your life. A master awakens their own genius and lives congruently and authentic to their uniqueness. They are self-motivated to turn crisis into an opportunity and to dissolve the stresses of lop-sided perceptions. The quality of your life is dictated by the quality of questions you ask yourself.

When we realize that every chaotic idea, thought and event has a magnificent hidden order waiting to be revealed. You are never off purpose. When it comes to our purpose and doing your service of love nothing gets in our way. We face praise and reprimand in the steady focus of our mission.

When we master our lives, we live by the ten daily pillars of wisdom, inspired action, loving service, silent presence, grateful prayer, divine guidance, sharing wisdom, caring sincerely, study truths, temperate rhythm and fair exchange.

*When you dissolve your illusions there is nothing but love, you see perfect beauty and order. All that remains is thank you, I love you.*