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DR JOHN F. DEMARTINI

**A REVOLUTIONARY NEW
APPROACH TO PERSONAL
TRANSFORMATION**

THE
BREAKTHROUGH
EXPERIENCE



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CONTENTS

Foreword by Blanca Diez, M.D., P.A.	ix
We Do Not Walk Alone	xi
Introduction.....	xiii
CHAPTER 1: The Essence of Life	1
CHAPTER 2: Lighten Up	25
CHAPTER 3: Living Dreams	49
CHAPTER 4: Both Sides Now	69
CHAPTER 5: Who's Minding the Store?	87
CHAPTER 6: Relationship	105
CHAPTER 7: Divinity.....	127
CHAPTER 8: Genius.....	149
CHAPTER 9: The Quantum Collapse Process	171
CHAPTER 10: Conception: Believing Is Seeing.....	195
CHAPTER 11: Materialization: The Blueprint of Creation ...	217
CHAPTER 12: Completion: Full Circle	247
About the Author.....	277

FOREWORD

During the past 20 years of practicing psychiatry, I have studied with the finest teachers. Not only at Baylor College of Medicine in Texas, where I did my training, but all over the world, as I have traveled extensively to continue my studies. I have wanted to improve my ability to deal with the profound suffering of my patients. Over the years, I have found psychiatric programs that have gained great recognition across the country. I search, feeling like an archeologist looking for and connecting pieces of wisdom and understanding. I also had the desire not to be a “shrink,” but on the contrary, I wanted to help my patients to “expand” conscious awareness. Through reading, I have gathered ideas and glimpsed great dimensions of consciousness. This search allowed me to have great opportunities to work with gifted “mind astronauts.” The scientist in me wanted to go to space and experience the symmetry and order of the universe. How can I bring these concepts to planet Earth?

According to Mohandas K. Gandhi, if your wishes are pure, then they become true. At a certain point in my journey, I encountered the teachings of Dr. John F. Demartini. Finally, I had the language I had been searching for and the practical tools to make an extraordinary difference in people’s lives. Dr. Demartini calls his method The Quantum Collapse Process. As a psychiatrist, I often refer to his method, combined with my medical expertise, as Quantum Collapse Therapy.

The Collapse Process allows individuals to be fully responsible for themselves and to experience their magnificence. It has

been the greatest shift in paradigm that I have encountered. The Collapse Process is not about being better, improving, or changing; it is about true transformation. Each cell has a form. When the tissue is healthy, it is in perfect symmetry. The tissue is free of deformation or disease. Our thoughts, similar to these cells, get deformed with dysfunctional thoughts, feelings, or beliefs. The Collapse Process transforms thoughts, beliefs, and feelings that were once deformed or dysfunctional into thoughts that are in perfect symmetry and order. As we transform our thoughts, we transform our feelings and transform our life.

This book belongs to a new generation. It is a gift to the new millennium. The wisdom and inspiration and fresher vision are immeasurable. These teachings offer you a clearer and magnificent understanding of the powerful laws of the mind. Dr. Demartini provides Inspirational Guidance to manifest our Master Plan within the context of the purpose of our existence.

The uniqueness, originality, and genius of Dr. Demartini's ideas have already begun a revolutionary approach to psychiatric treatment. Over half of a century ago, the great Dr. Sigmund Freud talked about the unconscious and developed his techniques for understanding it. Now, Dr. Demartini's teaching allows individuals to experience and understand the wisdom not only of their unconscious minds, but also their consciousness and superconsciousness. Dr. Demartini's teachings have helped me with brilliant ideas and tools to help my patients become "Masters of their Destinies, not Victims of their Histories."

— Blanca Diez, M.D., P.A., Medical Director of the New Dimensions Day Treatment Program, Houston, Texas
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WE DO NOT WALK ALONE

One night, a man dreamt that he walked along a shore with the Divine Source of all things, and as they walked, scenes from his life flashed across the sky above them. Most of the time, he saw two sets of footprints in the sand for each scene, but many times along the path there was only one set of footprints, often at the very darkest and saddest times, and the man was greatly troubled.

He turned to the figure beside him and said, "I looked for you and tried to serve you all my days. I thought that you would care for me in return, yet now I see that during the most difficult times of my life, I was alone. I don't understand why you would leave me when I needed you most."

The Divine Intelligence replied, "My precious child, you are always in my heart, and I would not desert you in your times of trial and difficulty. When you saw only one set of footprints in the sand, it was then that I carried you."

— Mary Stevenson

It's a paradox, but those who seek God most are the ones who most deny God's presence. They go off on a quest to find divinity, and at the end, they look back and realize it was here all along. This book is the story of the quest for divine light, and it shows how science and religion have gone hand in hand down that path as they searched in their own ways for the same destination. It is about love, wisdom, and divine order, and how we have never been alone on this magnificent journey toward our destiny.

INTRODUCTION

This book has been written to help you break through whatever barriers may be keeping you from experiencing your true and enlightened nature. It presents a completely accessible science and philosophy, and reveals and explores universal principles that underlie your very existence. Most important, this is an extremely real and practical manual for understanding why you live the way you do and how to transform your life into your highest vision.

What you're about to read is the synthesis of my 29 years of research and 24 years of clinical experience as a chiropractor, healer, and professional teacher. It is based on my two-day seminar program, *The Breakthrough Experience™*. While it would be impossible to include everything that happens during this extraordinary and intense course, I've blended its universal principles with autobiography; stimulating words from many of the great minds in history; and a host of true stories about ordinary people having extraordinary, astonishing, life-moving experiences.

The science is cutting edge, the philosophy is inspiring and daring, and the intermingling stories are all real. The exercises at the end of each chapter are designed to provide you with a personal experience of the profound and hidden truths underlying your life, and the affirmations and quotations are intended to awaken your true potential.

In the pages that follow, you will learn a formula for materializing your dreams, discover the secrets of opening your heart beyond anything you have imagined, find out how to increase

your love and appreciation for every aspect of life, receive profound insights on how to create more fulfilling and caring relationships, reawaken your birthright as a true genius, transcend any fears and illusions surrounding the myth of death, and reconnect with your true mission and purpose for life on Earth.

You are about to embark on an experience that has never been put into this form before, and I promise that the time and effort devoted to it will be repaid a thousandfold. It is my sincere hope that this book will deeply touch and inspire you with respect to your own greatness and potential, and that it will reveal to you the magnificence of every single human soul. This is not just a book; it is what the title implies: an *experience*. I think you will find that it is impossible to go through it without being moved, challenged, and changed.

Thank you, and welcome to *The Breakthrough Experience*.

— Dr. John F. Demartini