

# THE BREAKTHROUGH EXPERIENCE

The Key to Your Optimal Mental Health and Life Mastery



*Dr John Demartini's signature 2-day seminar*

# If You're Not Inspired by Your Life, Your Mental Health is Not at its Optimal

Your degree of inspiration is the metric of your mental health



Mental health is not just about the common labels such as depression, anxiety, bi-polar to name a few. It's actually about your perceived quality of life.

So the question you want to ask yourself is:

*How inspired by your life are you?*

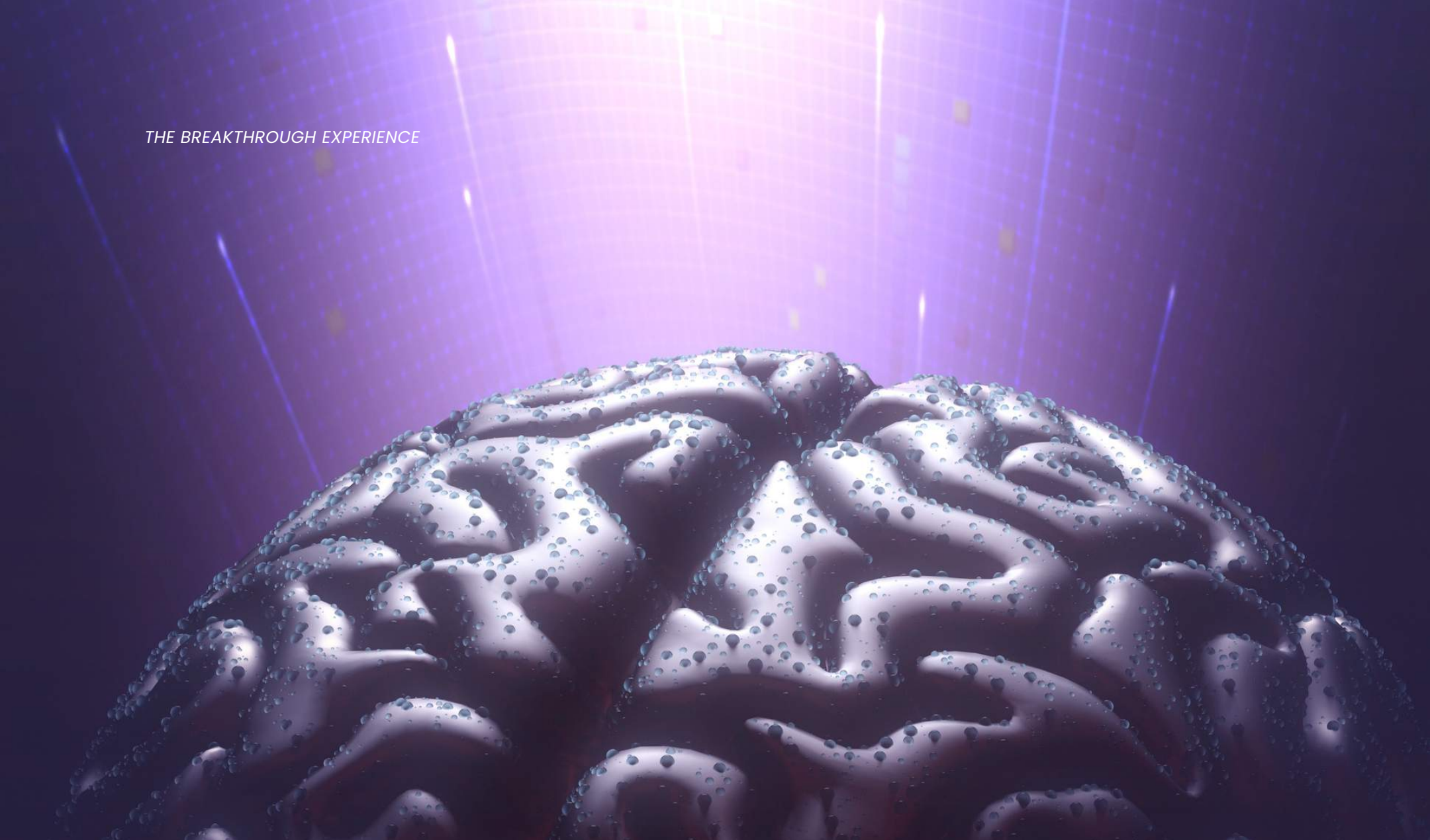
The more dissatisfied you are with your life, the more you access the ungoverned mind, the source of mental health challenges.

The degree of your dissatisfaction reflects the deviation from optimal mental health, from mild to extreme.

The more you're inspired by your life, the more you'll access the governed mind, the source of true mental health.

You have the power to shut down the ungoverned mind and access the governed mind at any point just by asking yourself quality questions.





# The World is Waking Up To The Importance of Mental Health

According to the WHO, the COVID-19 pandemic triggered a 25% increase in prevalence of anxiety and depression worldwide.

World events have certainly 'tested' many of us over the past few years.

As a global society we've faced: lockdowns, concern for our health, worrying about the lives of those we love, dealing with other people's fears, the war in Ukraine, global financial and cost of living crisis, global climate crisis, potential threat of nuclear war, political unrest, social unrest, gun violence, race issues, and the list goes on and on...

If you follow the news, you can buy into the idea that the world is in a dark place right now. And if you do, then know that that's impacting your mental health and your perceived quality of your life.

"The information we have now about the impact of COVID-19 on the world's mental health is just the tip of the iceberg. This is a wake-up call to pay more attention to mental health." - WHO Director-General



Having an outlook that life is more challenging than supporting for sure starts to destabilize your mental health.

The ripple effect of that means you're now:

- Not as focused at work
- You're not as present in your relationships
- You may start to complain and focus on the challenges in your life
- Blame things on the outside for what you're experiencing
- Lose your appreciation for life and become despondent
- Feel unenthused and disconnected from your vision and mission

When you see more challenge than support, you just don't feel grateful for your life.

It doesn't have to be full-blown depression but anything short of being inspired by your life is impacting your mental health



# A Governed Mind is the Definition of True Mental Health

There are only three things  
you have control over in  
your life: your PERCEPTIONS,  
DECISIONS and ACTIONS.

If you can govern and manage your  
perceptions, make prioritized decisions and  
act on them, you'll be in the process of  
mastering your mind and on your way to  
living a meaningful and purposeful life.

What distinguishes us as a human being  
from other species is our capacity to govern  
our mind and not let the outside world run  
us.

No matter what you experience in your life,  
you can change your perception of it.



At the Breakthrough Experience you'll be  
taught how to transform your perceptions  
so you gain the power to transform your  
life. You'll learn a process that gives you the  
power to optimize your mental health no  
matter the outer circumstances. You get to  
decide the quality of your life.

Learn the skills of how to take anything  
you're currently perceiving as IN the way,  
and transform it into ON the way, so that  
you wake up a deep appreciation and  
inspiration for your life.

# What Makes The Breakthrough Experience So Incredible?

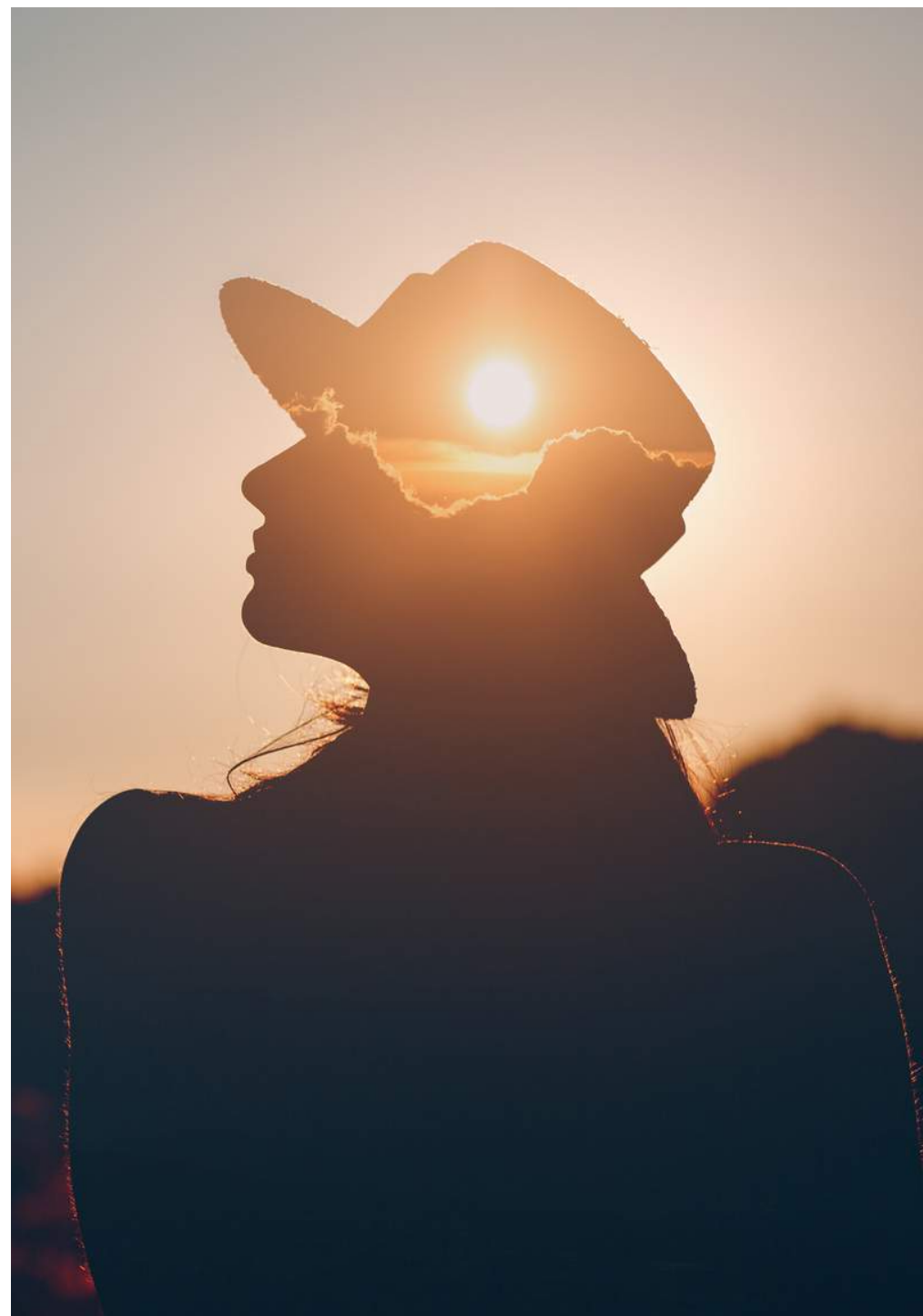
This seminar has been designed to help you break through whatever barriers may be keeping you from experiencing your true and enlightened nature.

It presents a completely accessible science and philosophy, and reveals and explores universal principles that underlie your very existence.

Most importantly, this is an extremely real and practical 2-days for understanding why you live the way you do and how to transform your life into your highest vision.

The Breakthrough Experience is the synthesis of 5 decades of research and 24 years of clinical experience as a chiropractor and healer.

It would of course be impossible to include everything here that happens during this extraordinary course designed to provide you with a personal experience of the profound and hidden truths underlying your life.



***This is not just a seminar. It is what the title implies: an experience***

# 12 THINGS YOU'LL GET FROM THE BREAKTHROUGH EXPERIENCE:

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01

Ability to learn to  
manage your emotions

07

Your inspired mission  
statement

02

Ability to process any  
challenge

08

The art of  
communication

03

Principles of leadership

09

The balance of powers

04

Understanding of  
universal laws

10

How to use the  
Demartini Method

05

Clarity of what's  
important to you

11

The key to empowering  
your mind

06

Understanding how to  
manifest

12

The roadmap to  
empower your life

[Register Now](#)

*The purpose of  
The Breakthrough Experience  
is to assist you when you  
feel ready to honor your true  
nature and to shine*



## SOME OF THE TRANSFORMATION TOOLS TAUGHT AT THE BREAKTHROUGH EXPERIENCE:

### DETERMINE

#### THE DEMARTINI VALUE DETERMINATION PROCESS

Clarify what your life demonstrates as truly most important to you and get clear on your daily priorities

### DISCOVER

#### INTRODUCTION TO THE DEMARTINI METHOD

A revolutionary personal development tool for dissolving emotions and transforming challenges

### DISSOLVE

#### GRIEF RESOLUTION PROCESS

To liberate emotional burdens and maximize resilient adaptability

### CREATE

#### THE MANIFESTATION FORMULA

To masterfully create and achieve an extraordinary life

### LEAD

#### THE LEADERSHIP FORMULA

Followed by great leaders to leave their immortal legacies

### FOCUS

#### GOAL SETTING AND ACHIEVEMENT

Filter out unrealizable fantasies and set true and meaningful objectives that initiate spontaneous and meaningful action

### EMPOWER

#### PURPOSE STATEMENT CLARIFIER

Bring about certainty and inspiration to your mission statement that fulfills yourself and serves others equally

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## What Others Have Said About Attending The Seminar:



"The most inspiring course I've ever done that got me incredible results DURING the course. Thank you Dr Demartini for dedicating your life to finding the love and wisdom."

**MITCH PING** – COACH



"What a moving and healing experience. Collapsing emotional charges so that I can take back control of my life and move into a more constructive and viable relationship with myself and those that I love."

**MAUSYN DIWAN** – GRADUATE, COMMERCIAL PILOT



"With regards to the the Breakthrough Experience, if you're feeling the call, don't even think twice about it. Do it. It is not an experience words can do justice to, it's something that will be unique to you. Do it , do it, do it."

**ALICE REDMOND** – WOMEN'S EMPOWERMENT COACH

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# DR JOHN DEMARTINI

The Breakthrough Experience was conceived during a silent meditation on a flight from Houston, Texas to Montreal, Canada on my way to Quebec City to speak to a group of doctors. It was late March 1989. In the meditation I receive a visual image and some internal audio messages. I wrote what I envisioned and heard in my Jack Bolan Master Mind Goal Journal that I was carrying around and using to organize my daily life.

I let a few people in my network that next week know about this special and inspired program that I received and filled it up quickly and presented it for the first time in Houston, Texas.

It was a powerful practical two-day experience that the attendees loved and they immediately helped me fill the next one. Within weeks I opened the seminar to more attendees and people spontaneously began calling the program The Breakthrough Experience.

The seminar grew in popularity and was presented in many locations in the US then Canada, then France, Scotland, Ireland, England, Spain, Norway, Switzerland, Portugal, Italy, Greece, Austria, Australia, New Zealand, Japan, Mexico, South Africa,....

I have now presented the Breakthrough Experience either live in person or from a country online from over 85 countries.

Well over a 100,000 attendees have attended this program and it is where I introduced the Demartini Method and the Demartini Value Determination process and teach the principles and methods that they will not find in any other program. It has been inspiring to watch thousands of people's lives transform and lead more masterful lives.

*Love + Wisdom*

