



Chris: My name is Chris Attwood. I am the Features Editor for *Healthy, Wealthy nWise*. I want to begin by welcoming, as always, our Elite members. As you know, as Elite members, you'll be able to download the recording of this call. It should be available in about two days, and in about two weeks, you'll also have the full transcript of the call as well.



For our Elite members, we also have a special gift from our guest tonight, which I'll be mentioning later on in the call, but you'll be able to go and download that gift. Any of you who are not Elite members, you want to be sure and consider that. You can do that at any time by going to [www.healthywealthynwise.com](http://www.healthywealthynwise.com) and click on Step number four.

Then you'll be able to receive recordings and transcripts of these calls, special gifts from our guests as well as access to the entire *Healthy, Wealthy nWise* ebook library of over 70 books. We welcome all of you to be part of our Elite member community. Tonight, we have an incredible guest.

Janet: We are so excited.

Chris: As I mentioned before the call began, this interview will appear on the cover of *Healthy, Wealthy nWise* in February, and of course February is a very special month. That's the month of Valentine's Day, and it is the month of relationships, and so tonight we're going to be focused on relationships.

I'm going to take a minute and introduce our very special guest in a formal way, and then I will turn it over to my partner, Janet Attwood, who is the Cover Editor for *Healthy, Wealthy nWise*.

As most of you know, our guest tonight is none other than Dr. John Gray, the author of 15 best-selling books, including *Men Are From Mars, Women Are From Venus*, the number-one, best-selling book of the last decade. In the past 10 years, over 30 million *Mars/Venus* books have been sold in over 40 languages throughout the world.

Dr. Gray, as many of you may know, is an expert in the field of communication and his focus is helping men and women understand, respect and appreciate their differences, in both their personal and professional relationships.



In his numerous books, CDs, DVDs, tapes, workshops and seminars, he provides practical tools and insights, which we're going to explore with him tonight, for effectively managing stress and improving relationships at all stages, at all ages, by creating the brain chemistry of health, happiness and lasting romance.

You're in for a real treat tonight. Dr. Gray has appeared on numerous shows such as *Oprah*, the *Today Show*, *CBS Morning Show*, *Good Morning America*, *Politically Incorrect*, *Larry King*, and lots of others. He's also been profiled in *Newsweek*, *Time* magazine, *Forbes*, *USA Today*, *TV Guide*, *People* and *New Age Journal*, among others.

It is my pleasure to now turn it over to my partner, Janet Attwood, the author of *The Passion Test - Discovering Your Personal Secrets to Living a Life on Fire*, which is the inspiration of this series, *The Passions of Real Life Legends*, in which we explore why passion is so important and how the passions of each of our guests have led them to create the incredible, amazing lives they lead today. Janet, will give you a little personal perspective on Dr. John Gray, because she's just gotten back from spending five days with him.

Janet: Chris, also, you really know when you're with an icon when you're walking down the streets in Nepal, talking to Nepalese people and they happen to know the name John Gray! That was my experience being in Nepal and India. John is known all over the world, in every area. He's wonderful.

As Chris said, I just got through spending five wonderful, glorious days at John's ranch. There were about 30 of us, and we all walked away saying the same thing about John, because we got to have very quality, personal time with him. Across the board it was all the same, "Isn't he just the greatest guy? Isn't he so normal, real, connected, loving and generous?"

He is all of these things, and I want you to know that I can't say enough about John Gray because he truly is one of those individuals, and I really got to see it firsthand these last five days, as did all of us, who truly walks his talk. We were sitting around this kitchen table and John was telling us some of the stories and personal experiences that he went through that led him to write



certain parts of his book.

He said, "Everything I write about is something that I first experienced, and what I come out with in terms of my knowledge and what I tell people that would be good for them, I first try on me." I love it because Jack Canfield would be laughing, and he says that John is the seminar that never ends when you ask him a question, because he's a walking Encyclopedia Britannica. You ask him something on relationships and...

What's so great too, is that not only is he a walking Encyclopedia Britannica on health, meditation, the inner importance of life, the inner directedness of life - you ask him anything about health and there is nothing he doesn't know. What is so amazing about him is that he's experienced everything.

I love that, Chris, when I say that he walks his talk, because how many people do we know who become an Encyclopedia Britannica, but it isn't through personal experience. John is truly coming from that place of actually having that depth of knowledge from his own place, where he sits within himself. It's really an honor to be with him. I'm so excited to tell everyone, "Here's John Gray!" John, are you with us?

Dr. Gray: I am with you, and thank you for that wonderful introduction.

Janet: Did I gush too much? Marci Shimoff is co-author of *Chicken Soup for the Woman's Soul*, *Single Soul*, *Everybody's Soul*. She and I were driving home from your wonderful ranch, and we were talking about our favorite moment. It was spending the time around the table and having you share all of the knowledge you have on relationships and health, and how completely present you were with everyone, so thank you. I'm so honored to share you with all of the listeners of *Healthy, Wealthy nWise*.

Dr. Gray: It's a pleasure, and it's my honor as well.

Janet: I have a bunch of questions for you, as does Chris. I'd like to start out by asking you: At *Healthy, Wealthy nWise*, we believe that the things we love and the things which are most important to us in our lives, our passions, are clues and guideposts to our personal destinies. Did the things which are most important in your life play a role in the creation of *Men Are From Mars, Women Are From*



Venus?

I know the answer, but will you share the story of how this amazing book came to be written?

Dr. Gray: Well, I shared with you one story of how it came to be written, but it's not so much the book coming to be written; but the story you're asking me to talk about is where I got the idea for *Men Are From Mars, Women Are From Venus*.

Janet: Exactly.

Dr. Gray: What had happened was... I'm now 53 years old and I've been teaching for 24 years - teaching, counseling, seminars and so forth on a variety of subjects, and this is my passion in life. As I grew older, I had a wonderful relationship with my parents and in the early 1980s, I married my wife, Bonnie, and we went on our honeymoon.

I got the news, on my honeymoon, that my father had died. My father was in good health, so it was a huge shock to me, just gigantic shock, I was very upset. I even asked, "How did he die? How did he die?" Nobody would tell me until finally I got one of my family members on the phone who would tell me. They said that he had been found dead in the trunk of his car.

This was really shocking, upsetting and this was on my honeymoon with my wife. We flew back and we got back for the funeral. He had been found in the trunk of his car. He had gone on a trip that day, and my mother had called the police and said, "He hasn't arrived, it's been five hours," and they said that they had heard, gotten messages that there was a car abandoned on the side of the road.

It turned out that he had been... picked up a hitchhiker and was probably robbed, he didn't have his money. Without any bruises on his body, he was placed, and he had to get into the trunk of his car, and they closed the lid on it and he couldn't get out. He eventually died in the heat of Texas sun. It gets pretty hot, so he died of heat stroke in the trunk of his car.

The story goes like this - that the police had actually received three other calls that day, reporting his car, and we think it was the person who had put him in the car and didn't leave until he thought



the police would come and get him out. So he called the police three times, and they didn't respond. They say that they just had... wasn't clear messages or the directions weren't clear or whatever.

This added to the tragedy. I went and saw the car with my family and the crime scene, so to speak, and I got into the trunk, where he had laid. I just told my family I had to get inside. So I got inside and I asked them to close the lid over me. I wanted to see what would happen.

I saw where he had taken a screwdriver and was banging at the top of the - you know, you could see the marks of the screwdriver where he tried to bang and have somebody come and get him. I saw where he tried prying open the back trunk, and I saw where he unscrewed the back lights so he could pull them out and get air.

While I was laying there, experiencing or trying to experience what he might have gone through, because I just wanted to connect with him, I put my arm out through the little hole where the light was, outside, and then I was pulling my arm back in - and I did this without thinking - and my brother, who was standing on the outside of the trunk said, "John, see if you can press the button. See if you can reach the button."

So I reached around, pressed the button and the lid opened, and we were all amazed. But when you're in the trunk, you really don't think about how to get in, you think about how to get out. You're trying to get out, so you're all the time thinking about how to get out. You need somebody who was standing on the outside, who could see where the button was, and just press the button and it's easy.

This was a huge loss for me, of course, but in processing it and healing it, one of the things I did is I went to San Quentin and I taught seminars to the prisoners there, to try to understand what goes on, to forgive whoever had done this, whatever. But in that process, I realized that in healing my heart and with my dad, to learn and grow from this major trauma in my life, was to take a lesson from that.

The lesson was we all live in our own trunks and our own boxes, and we can't find our way out, in certain ways and certain places we were out, and other places we're not. And we have to look to someone else who has another viewpoint, and then can often guide



us to that button.

At that point, as a marriage counselor, I would start thinking, I said to Primmus [ph], 'What if men and women really did look at things differently and they were drawn to each other because women have a perspective that we men need, and men have a perspective that women need and in certain ways we come together for that?'

So I started, in my counseling, assuming that my way of thinking was not always the right way of thinking, particularly when I was dealing with women. Maybe they had an opposite point of view and I could try to understand their opposite point of view to make the relationship better.

That's where I began my focus on the differences between men and women, and how we see things differently, and how we can support each other by understanding our different needs. That's when I began studying the gender differences, which eventually gave rise to the *Men Are From Mars, Women Are From Venus*, and that was the beginning of that new direction in my life, of trying to look at things always from the almost-opposite point of view.

Sometimes, not always, but sometimes, you'll find an incredible solution, particularly when you find that your own perspective isn't working, then you find that if you switch the point of view, you now have a whole new terrain, so to speak, a whole new box, a whole new perception to look at the problem, reversing it around, and that became a guiding principle in my life, in my work and certainly is the blessing of my father in my life.

That's the story I told that she wanted me to share with you, and it's been a great healing.

Janet: That story - that's not a story, that's so touching. You were talking to us about that at your ranch and it's where your depth comes from. It's these experiences, even though it's the toughest, isn't it?

Dr. Gray: Well, I'd like to share another story, since we're going in the direction, then we can focus on my current work. But in terms of origin, the whole idea of *Men Are From Mars*, and this is a concept for achieving success, making your dreams come true, following your heart and your passion.





Often the thing which is most important to us, it's unique and it's different and it's a contribution, and generally if it's really unique and different, other people don't appreciate it right away. They don't recognize it right away, so I had a lot of resistance to my ideas of *Men Are From Mars, Women Are From Venus*.

It was almost as if I was tested again and again, where people would be critical of it, and I'd think, 'Well, maybe I shouldn't go this direction,' but then I would rebound and come back and realize, 'No, this is so helpful to people I work with, that I'm going to continue doing this and refining it.'

Even becoming an author on the subject, my first book I wanted to be *Men Are From Mars, Women Are From Venus*, and no publisher was interested in that title. They thought it sounded too much like astrology, so I couldn't get it published. Finally, I got a little publishing house and I partnered with them to do the same book, but we changed the title since nobody liked it, to: *Men, Women and Relationships*.

That's a wonderful book that's the precursor to *Men Are From Mars*. It was doing very, very well. It came out and it did very, very well, but once again it was fated to have resistance because a month before it came out, there was another best seller by Deborah Tannen, who wrote another wonderful book on gender differences, *You Don't Understand*.

It's a great book, particularly from a woman's perspective. When I was doing my book tour, all the publicity people, all the media was saying, "Oh, we already did this. We did this," so I couldn't get much media on my book. I said to myself, 'Okay, just keep persisting, but in eight months, you'll push again harder.'

They [the media] didn't realize this was going to be an ongoing phenomena that people would be interested in gender differences. They thought it was just a fad, and they didn't want to do another book on it.

My book, anyway, through word of mouth and my seminars, it continued to sell and it did very well, so well that New York agent approached me and said, "I'd like to sell this to a New York publisher, and you can get national distribution and really have a big impact with it."



I thought, 'Wow, this is my dream come true!' I just held in there and kept promoting it and so forth. It was fabulous, and it was about to be sold to Harper Collins or one of the major publishers in New York. I went to my distributor, which was a small distributor in California, and told them the good news and didn't realize that this was bad news for them, because it meant I would be taking a book away from them.

They had worked hard and were the only people that would carry my book. As I was thinking to my friends, they all said, "John, there's no contract. This is what's done. You don't owe them anything. They made their profit and you go with your dream, which is you want the New York publisher."

So I said, "I don't really know what to do. It doesn't feel good for me to pull something out from under you."

They said, "Well, talk to the President of our company."

So I went in and talked to the President of the company, and from his point of view, it was very optimistic. He was saying, "We think we can do as much as New York publisher."

My agent was telling me, "No way, they couldn't do as much."

But he was saying, "We plan to do this and this and this, and we'd like you to give us a chance." From one point of view, just thinking success, I would have just gone with New York, but my heart... In that moment, I was listening to him speak, and I just felt so much love for this person, who had helped me to get my book launched.

It was said, "This is what happens whenever they're successful, somebody takes away the book." And at that moment, I had the strong feeling of my brother, my younger brother. He almost looked like my younger brother, and he felt - I just had the feelings, and I felt the memory of my younger brother.

My younger brother was always very close with me. I was his older brother. I have many older brothers, but I was *his* older brother and he really looked up to me. I wasn't always the perfect older brother, and you do your best, but my father was rather removed at that point, so I really was like a father. As a kid, you can't really expect





yourself to know everything a parent should know, so I wasn't the perfect parent.

Later on, as I went off to college and so forth, he ended up becoming manic depressive, bipolar, and went on many medications and so forth, and then later in life, he eventually committed suicide, so that was another huge tragedy in my life. I remember feeling so guilty inside and sorry, and wishing I could have done something.

I processed that and I had healed that inside, by many times role playing and exploring many of the techniques I've developed for healing the heart, to where I forgave myself and forgave him for killing himself. That channel was there. What I've learned from all my messages with my younger brother is that, in my life, I want to make sure that I never walk over anybody to become successful.

In certain senses, I did that with my younger brother, and not intentionally, but there were times when I would leave him and go off and be with my teenage friends and he would feel left out. I felt like I had neglected him. So I learned, when you love people, you don't minimize them or forget them as you move on to other things, but you try to include them.

So that awareness came, and I said to the President of the publishing house, "Okay. You can carry the book. You've done a great job."

And then my agent says, "What are you talking about? You're not going to sell it to New York?"

I said, "No."

I'm walking out the door and she's saying, "But this is crazy. What will you do?"

I said, "I don't know," and as I was walking down the stairs, I said, "I know what I'll do. I'll write another book and I'll call it *Men Are From Mars, Women Are From Venus*," and that's the book *Men Are From Mars, Women Are From Venus*, which was a better book than *Men, Women and Relationships*.

Chris:       Amazing story.



Dr. Gray: Yes, it's an amazing story, and I would have never thought to do that had I not been in that position, and I would never had the title, once again, *Men Are From Mars*, and I wouldn't have made it such a big success. Because what I had done is I had learned from the first book, which was like all my research and all of my ideas, but it was too dense for most people.

I'd done a lot of market research after people bought the book. I asked them what did they like best, what did they read? Most people didn't even finish it, but they loved the book, so I decided I would take the ideas of the first half of the book, simplify them, shorten them, give more examples, and then the book was very easy for people to read.

Then many years later, I wrote another book which was the other half, and that's called *Mars and Venus Together Forever*, which was also a best seller. Circumstances are never the way you expect them to be, but if you just keep following your heart, it guides you and it leads you until things unfold, sometimes in the most surprising ways.

Chris: John, the point you're bringing out here is a fascinating one, because in these *Passions* calls, one of the themes we've heard over and over again is that even when one's following one's passions, it's very frequently the case that you'll run up against major obstacles and things don't work out the way you think they will.

You are also bringing out a really fascinating point, because what I've heard, as you've been speaking, is that over and over again, you followed your heart, and that your heart, in fact, even when it seemed not to make sense sometimes, like the case with your publisher, that by following your heart, you ended up in following a direction which in the end was even better than what you would have otherwise...

Dr. Gray: Oh, it's unimaginable, it was so much better. Absolutely. It just turned out in ways I could have never imagined, but I had that dream and I had that desire, and I wanted to write a best selling book that would affect the whole world, and it has been doing that. It took a long time. It was a process and there are many more stages in that process.



As the book took off, we felt blessed. Harper Collins said, "Oh my gosh, you've got the Oprah show right in your tour!" So I went on the Oprah show, but they had me in the last five minutes of the show. The show was going too long. It was like those were the days where everybody was yelling and screaming at each other and it was like - how are you supposed to come out and solve the problem? There wasn't any time.

But I did make a great impression on them for another show later. It really didn't get the results the publisher was expecting. I had even taken all of my savings, which I had at the time, completely everything, and invested it in commercials, which also didn't pan out either. Whatever - it was an expression of my full commitment, I suppose.

The publisher's kind of like, "Well, it didn't work out," and that was that. They dropped their whole momentum on the whole thing and six, seven months later, it just crept onto the best-seller list by word of mouth, at the bottom of the list - the very bottom of the Publisher's Weekly list, 13 or 14 or something like that.

My publisher was out of print and so for the whole Christmas season, it wasn't available to people and we were all depressed, this was terrible. Then came the 1993, the World Trade towers crashed down on the day that I was going to do the *Phil Donahue* show, which was a national show. And then they cancelled the show because of the World Trade towers.

There was one thing after another, one stumbling block, and I thought, 'What can I do? What can I do?' I said, "Okay, we're just going to change our schedule. We're going to stay longer," and we convinced the producers, after they did the show on the Trade towers, a live show, then that they would do a show with the same audience, with me, and they said, "Okay, if you can do it with the same audience."

So then I came out there after they did this show about our first attack in America in 1993 on the Trade towers, and all the women in the room were all upset and there was all this tension and everything. And here I am coming out here with a message of love and *Men Are From Mars, Women Are From Venus*. So it was a very unreceptive audience. The women were very hostile about my idea.



Here's a man, you're supposed to trust him, kind of thing. I'm talking about differences, which was very controversial at that time, and I come out. What I found out later, what I found out in the show, was that the *Phil Donahue* show also had this whole group of people that they were going to spring on me, and a whole bunch of experts that would point out that I was wrong, and that my message was superficial and it wasn't helpful.

There was this whole planned attack on me, but what had happened, because the audience was already attacking me so much, Phil Donahue, by nature, is always sort of the balancer and they'd gone so much to the extreme of saying that there's no difference at all between men and women and it's absurd.

Phil, he was very much aware gender differences exist, he may not have just gone as far as I did. Phil was now defending me on stage, so it all got turned around! So none of their plans to bring me down happened. Phil ended up defending me in this very hostile environment. So that was interesting, so the show had a good impact.

Then the show was scheduled to air and the bookstores all had the books, and then the show didn't air and we thought, 'Oh, that was terrible,' but the people bought the books anyway because they were in the front of the store. Then the show was about to be aired again and then the show didn't air, but the books were in the front of the store, so the people came and bought the books.

So it got on the best-sellers list and then the *Phil Donahue* show came out, so it was amazing. It's just that persistence. You keep thinking, 'Okay, what can I do? What can I do? What can I do?' and not to give up on your dream, and follow your dream, even though it takes you paths that you didn't think were going to happen.

Janet: Also, one of the things that Chris pointed out to me when I came back from India, because one of the things he asked me was, "How was it?"

I said, "Oh, god, it was the best thing I've ever done," and then I said, "Am I nuts? It was incredible. I got sick and I went through all this stuff."



And then he looked at me and said, "You know though, but you kept going."

I said, "Yes, because I loved it."

He goes, "Yes, because it was your passion!" What I'm hearing from you is this was your passion, so no matter what challenges were in front of you, it's that nothing can stop you, because when you're aligned with what it is you're supposed to be doing here on this planet, you're invincible. Would you not agree?

Dr. Gray: Oh, absolutely. When you have a dream and a belief that you're bringing into the world, that belief that not other people may agree with you, in order to influence them and bring your light into the world, you are tested so that you have to believe. Even when nobody else believes in you, you have to believe in you.

That's your process of connecting with your truth inside, and as you believe in what you have to say, who you are, and you've lived it out and you know it's true, then more and more people go into agreement with you, but it's only because you believe and not because they believe it.

As children, we need to find our love from our parents or siblings or our grandparents, or care providers. We really don't have the capacity to know ourselves. We come in, our parents are a mirror. If they love us, if they see us as competent, capable and good and fine, then we see ourselves that way.

If our parents see us as less than, inadequate, unworthy and so forth, then that's the belief we form about ourselves at a young age. So what we have to do as adults is then overcome that by the challenges of life, and we prove to ourselves what is true. That happens, every time you get a rejection and you still believe in yourself, that belief in yourself is growing.

What I developed is a whole series of processes to help bring yourself back up once the world knocks you down. I wrote about that in my book: *What You Feel, You Can Heal*, and then the book called: *How to Get What You Want and Want What You Have*, and that's going through the whole process of the various stages of achieving success.



Those obstacles will be there, but they actually help us to connect back to who we are and any negative beliefs we might have about ourselves and release those negative beliefs, so that we can come back to what's really important to us, and what's true.

Janet: I read that book a long time ago - *What You Feel, You Can Heal* - and it's so deeply changed the way I looked at what was going on inside of me, and I always wanted to thank you for that. Someday I'll share my personal story with you, because I actually had some miracles after I read that book. Thank you.

I wanted to ask you: How are your passions, because that's what we're centering on today, being expressed in your work now?

Dr. Gray: Well, right now, my new passion is health and wellness and longevity, as you can see the whole progression of my life. In my 20s, I was a yoga teacher and a meditation teacher, and I made a yoga video even back then. This was over 30 years ago, so it's when Ampex first developed video tape, so I was born to do this kind of video work. I've been doing it a long time.

So I was really into that, and I became a celibate monk, and studied yoga and that was my passion for nine years. I completed the course and experienced my enlightenment and my true self, that I'm a good person, that I'm here in the world to make a difference in the world, felt one with the universe - all those good things.

Then I came out to do what was next, and for me, it was to have a family, fall in love and go through relationship issues, and as I went through them, I wrote about my journey and what I learned. And then in my 40s, as I continued teaching the ideas of *Men Are From Mars* around the world, I began applying it in different areas, to dating, to marriage, to the bedroom, to parenting.

My parenting book, I waited many years to write, it's called *Children Are From Heaven*, because I wanted to make sure my kids had grown up and they came out all right - because it's all about unconditional love and learning to be a strong parent, but very accepting and forgiving, both balancing the hard and the soft in a very positive way. So that was another program.

Then I went off into success programs with Oprah and did about 18 shows with her. As things were important to me, I would teach





about them - what was real for me, and what I was growing in and learning about, and sharing with others.

But as I turned my 40s, health became an issue. Actually I had been down at a resort in Mexico and a parasite got in my eye and caused an infection and I lost the vision in my left eye. That was very depressing, and that was actually when *Men Are From Mars* was on number one for years, and yet my eye was hurting me.

I went to all these doctors, 17 experts, and they couldn't help it, and then I started doing alternative healing for it, and I got my vision back. Although I was always open to alternative healing, now I became an expert on alternative healing, because when you search for your own healing, you find out a lot of information and you meet a lot of amazing people and you learn from them.

That was my journey in the 40s. I'm in my 50s now, but I was learning about all kinds of alternative healing. Then as I began learning about that, I began to apply that to relationships because in my own life, my relationship got so much better as I began giving myself the right kind of nutritional support and the right kind of exercise in order to produce brain chemicals like dopamine and serotonin.

Dopamine is what men experience a lot of in the beginning of a relationship. Whenever something's new and different or challenging and rewarding, and there's a beginning of the learning curve in something, dopamine increases, but then after a while, dopamine goes down because you become settled, you become relaxed, there's no learning curve.

The passion goes out of relationships. I discovered the root of how to naturally produce more dopamine, without alcohol, which is a dopamine producer, without any drugs, which are dopamine producers, without coffee, which is a dopamine producer. You could actually stimulate naturally, more dopamine in the brain for men and more serotonin in the brain for women.

Women tend to run out of serotonin, which is the relaxing hormone in the brain. Dopamine gives us energy and serotonin gives us that feeling of "everything's okay now." One of the symptoms of low serotonin can be depression. One out of five women in America is now on an anti-depressant, whereas one out of 50 men is on an



anti-depressant. There you see the difference.

If you look at dopamine deficiencies, you have one out of five boys in America is on the dopamine drug, Ritalin, which helps with ADD, and one out of 50 girls. So it's the same big difference. There are always exceptions everywhere, but the majority of men tend to run out of dopamine very quickly, particularly after they've been in a relationship for a while.

And women tend to run out of serotonin after a stressful day, and they want to go home and they tend to do behaviors that increase serotonin, like, "Let's talk." Whereas men will do behaviors that will increase dopamine, like, "Let me sit in front of the TV with my remote control and watch a football game or three shows at once."

What we find are so many of the differences between men and women become exaggerated. There are natural differences, but they become exaggerated when we're under stress, and then for men, what it shows up as is low dopamine, and for women low serotonin.

Then I found the natural pathways, in terms of providing formulas and exact balances that you drink in the morning, a shake that you drink of protein and omega-3 fat, combined with almonds, combined with molasses to get your minerals, and a few other ingredients, and you get the right balance.

Serotonin starts getting produced for women, and then you change the balance for men, with a few special ingredients and men start having more dopamine. Parents call me all the time and say their children, who were having ADD symptoms, they're gone within a week! That's simply because the brain starts to product more dopamine and the ADD symptoms go away.

Most marriage problems that I find are really symptoms, on the man's side, of low dopamine, and low serotonin on the woman's side. Serotonin makes women feel optimistic, comforted and contented, and dopamine makes men feel passionate, interested, motivated in what she has to say and helping. Men love their partners, but they kind of just don't have much motivation after a while. That can easily be changed in basically nine days.

Chris: That's a secret, John.



Dr. Gray: Yes, that is a big secret, and that's my new passion. So that's my passion, the *9-Day Relationship Makeover*. It takes about nine days to wake up the brain, and it requires certain exercises for the brain to get the oxygen into the brain, to get the blood into the brain, to provide the body with the nutrients to get to the brain. You have to eat the nutrients in the morning.

Then you have to have certain communication skills to stimulate the brain to produce those hormones, and then at night before you go to bed, there are guided visualizations that you play that stimulate different, target areas of the brain - the pre-frontal cortex, the limbic system, the temporal lobes, the various other sites, parts of the brain, that have to do with different things like reducing anxiety by stimulating a part of the brain, releasing anger through forgiveness and stimulating a part of the brain, increasing dopamine through stimulating the pre-frontal cortex.

These are all things I've spent 30 years developing and I've been able to put it all together in a package, which is called the *9-Day Relationship Makeover*. Not that they have to do it all in nine days, you can also take nine weeks to do it, it's a very concentrated program.

Janet: Do they buy your CD, or is this a book?

Dr. Gray: There are a variety of different ways. There's my most recent book, which is my major passion right now, which is called the *Mars and Venus Diet and Exercise Solution Create the Brain Chemistry of Health, Happiness and Lasting Romance*. It's not a diet plan that you deprive yourself of food, but it just tells you what foods to eat, particularly what nutrients to eat and what exercises to do and what relationship skills will awaken the brain to begin experiencing the brain chemistry.

There's actually a brain chemistry that goes with health, happiness and lasting romance. Let me give you a quick overview of that brain chemistry. When dopamine and serotonin are in balance, a hormone of the body called cortisol goes down. Cortisol is what's called the stress hormone. In all sickness, underlying all sickness, researchers have been saying for years, 70% then 80%, then 90%.

Ninety percent of sicknesses are all directly linked to elevated



cortisol levels or stress. You hear that stress kills us. It's the cortisol, and balanced brain chemistry lowers cortisol levels. The number one cause of accelerated aging is elevated cortisol levels. The number one cause of obesity is elevated cortisol, but not all people with elevated cortisol will become obese. It depends upon what kind of body type you were born with.

Overweight people struggle with it because their bodies store toxins in the fat cells and elevated cortisol is responsible for storing those toxins and holding on to the weight. If you don't have the fat cells, then your body produces more cholesterol to protect the body from acid. The fat cells store the acids, and that's why people get fatter and fatter. If you do liposuction, you'll find that all that fat is filled with toxic acids.

People who don't have the fat cells to store it in, it gets stored in the tissues and the bad cholesterol gets produced by the liver to isolate those fatty acids and protect the body from them. If you don't have all the muscle tissues to store it in and you're a skinny-type person, then when you have elevated cortisol, and your body is producing excess acid because you're stressed, then the only way the body can get rid of that acid, which blocks oxygen to the cells, is to pull the minerals right out of the bones and right out of the brain.

That will neutralize those acids so that at least the cells will get more oxygen. But then you become extremely mineral deficient. So generally, as a counselor, what I've seen over the years, if somebody is thin and they come to me for counseling, their problem is always anxiety disorder of some sort, because their brain just isn't relaxing because it doesn't have enough minerals.

Of course, from a health point of view, one of their biggest risks will be osteoporosis. Then of course, the cholesterol person, the more muscular person, heart disease is their biggest risk, and the obese person, obesity and diabetes is their biggest risk. In the end, the risk for all is cancer because ultimately, when your body can't protect itself from all those acids, then no oxygen gets to the cells, and when oxygen doesn't get to the cells, then cancer begins to grow in the body.

This can all be remedied, and that's all just from balanced brain chemistry can begin to remedy this problem, and that's health, happiness. One out of five women on anti-depressants. Men, with



all these addictions that men have and the lack of motivation and passion they begin feeling over 40. There's like 30 million men taking Viagra. This is crazy. This is insane. That's because they can't get it up in the morning. Women can't get up in the morning because of low serotonin and men can't get it up.

This is the whole key to vitality. If you go to cultures where they don't eat Western food, where they still have the natural minerals in the food, which are gone in the West, what happens is men have vitality. Over 100 years old, they're still having children. It's phenomenal, and their testosterone levels never go down their whole lives, whereas for Western men, it goes down around 35.

That's brief overview of health, happiness and lasting passion - relationships, to feel that magnetic attraction - it comes back when you're able to balance the hormones and brain chemistry. A big part of that is learning some of the relationship skills that I teach, because it's relationship skills that stimulate the production, but the brain can't produce those hormones unless it has the minerals, nutrients, amino acids and the enzymes, which I recommend to put into the shakes.

That's the theme of that book. That's the *Mars and Venus Diet and Exercise Solution Create the Brain Chemistry of Health, Happiness and Lasting Romance*. And then the extended version of that is for people that want the DVDs and the CDs. That's the blue box, and that's called the *9-Day Relationship Makeover*. That's got 18 CDs, nine of those are to play at night before you go to bed, and nine are to play during the day.

There are three DVDs of talks that I give on the subject, so you can see me doing it, more visual. And then two DVDs of a variety of different exercises, one set which is for the brain, another set, what you do in the morning, 15, 20 minutes. Another set is for the lymphatic system to lose weight if you're overweight. Another one is for balancing the hormones, which is really the source of all happiness.

All these people needing hormone replacement, they don't really need it at all, if they just learn to awaken the glands to product the healthy hormones. Then I have some muscle-toning exercise as well, that we need to tone our muscles, but they're very easy. What I've found, is in my work, what people can continue to do in their



lives needs to be easy. Sometimes, if you find the secret, the most effective tools are the easiest.

Janet: John, these are all tools that you've used yourself first?

Dr. Gray: Not that I've used, I use every day.

Janet: Absolutely, many of the ones that you were sharing with us...

Dr. Gray: At the ranch, yes.

Janet: I really respect so much what you said in the very beginning that what was real for me, and that's where you went, and this is what is real for you now, and it's been a progression of all of the different lessons and experiences you've had that have culminated to this time in your life, to bring you up to this passion.

I love what you were saying, that your relationship started getting better and better when you started getting into this alternative healing and the different modalities that you're now sharing with everyone else.

Dr. Gray: Yes, I definitely see, it's like a pie. You can learn relationship skills, but if you don't have the nutrition, and you're not feeling happy inside yourself, you can't bring that happiness to the relationship. It's only for a limited amount of time that your partner can make you happy. A lot of people are not that happy, and then they become so happy when they find someone to love them, someone that they can love.

At a certain point, that happiness just goes away because we have to be able to make ourselves happy, and then we can continue to really grow and love. That's a really important factor, which is good skills for communicating to make your partner happy and receive support from them. More important is that we learn to make ourselves happy, and that's what nutrition does, that's what self esteem techniques do, that's what living a good life does.

I talk in one of my books, which is called *Practical Miracles for Mars and Venus*, I talk about the stages of life. As you get older, your purpose changes. When you're younger, your purpose is different, and in seven-year cycles, our purpose tends to change, our priorities change, and unless we're maturing into that stage, then





we find that we just can't be happy.

We know what we need to be looking for to make us happy. Like an adult, to simplify the 10 stages, would be as we're children, we need to receive, but as adults, we need to give. A child is happiest when he gets what he needs. An adult is truly happy when he's able to be successful in giving what other people need, but at the same time, we have to also get what we need, and that's why it's a more sophisticated, mature state.

Chris: John, before we go on, I just want to ask you: The *9-Day Relationship Makeover* that you mentioned, it sounds like that is a complete package for being able to deal with both the relationship skills, and also in particular, the knowledge for adjusting the brain chemistry, is that right?

Dr. Gray: That's right. That's taken me three years now to actually produce the product. It's a very complete program. You can do it nine days at home by spending an hour and a half a day doing it, or you could space it out over nine weeks or nine months, even. It's very powerful to give you the relationship skills, the nutritional insight, the understanding of how the body works.

When you have that understanding, then you realize not only what to do, but you realize why everything you've tried in the past hasn't worked, to whatever extent it hasn't worked. That's always the thing people tell me, "Now I know why that didn't work. Now I see why that didn't work."

For example, one of the ingredients in the super shake that I recommend is whey powder as a super protein. People go, "Well, I'm allergic to whey powder. I can't eat that."

I say, "But if you balance it with fat," you see, whey doesn't have any fat. If you balance it with the fat that your body needs, which is the omega-3 fat that comes from ground flax seed, and then you add some enzymes into it, and then you add some minerals that come from molasses...

Molasses has all the minerals that we're deficient in. When we eat sugar, the minerals are missing in sugar. All the minerals of sugar are in molasses, and people go through their day eating sugar, and the body needs all those minerals in order to burn sugar, so it takes



them out of the bones, it takes them out of the brain, it takes them out of the tissues, so eventually we're deficient in those minerals.

Everybody is deficient in our society of the minerals that are in molasses, one of the most profound, cheapest super foods you can have. In Canada, where we've done the research on this program, this super shake has just now been approved by Canada as the only product they've ever approved to cause weight loss and control appetite.

Then we have the Diabetic Association, they ran a study and they're doing an extended study of 100 people, because in the first study they did, people were going off their diabetes medication in just two weeks because their bodies were finally getting what they needed! They were so deficient in minerals because the food we eat comes from fertilizers, and within 10 years, the soil becomes depleted of minerals.

Then we eat all this refined sugar. One example, if you were to have a Coca-Cola, it has over 80 grams of sugar, a 16-ounce Coca-Cola. That is 20 teaspoons of sugar! Imagine that! We should be having a maximum of four to eight teaspoons of sugar a meal. I used to, as a kid growing up, drink three Cokes a day! That's 60 teaspoons of sugar.

It's unbelievable. This is what's causing all of the ADD in our children. The minerals are deficient to product dopamine in the brain and the serotonin in the brain.

Chris: John, for our listeners and readers who want to take advantage of this knowledge you're sharing, they can go to [www.marsvenus.com](http://www.marsvenus.com)?

Dr. Gray: It is available there. They can go to the bookstore and find any of the books. Most of them are on [www.amazon.com](http://www.amazon.com) as well. I price them the same, so you can get them either place. You can get the *9-Day Relationship Makeover* there as well. That's also available. We have a variety of services. You can even become a member of the website. We have extended chat rooms and lots and lots of articles.

Chris: I want to switch gears now. You've given us wonderful knowledge about chemistry. I'm going to ask you to take a few minutes, if you



would - our readers love it when we get very practical. You've been very practical already. I wonder if we could focus on some of the relationship skills?

If you could, just share a few tips for our listeners in a few different areas. First, about dating and then about marriage and lastly, unfortunately many of us have to survive a break up, so what do we do in that situation? Could you start with dating?

Dr. Gray: Dating, marriage, break ups and sex all in five minutes, right? The answer to life in five minutes. Okay, I can give you a beginning for sure. With dating, the most important philosophy is people who don't have partners are really the ones who are asking that question right now. How do I find the right person for me? I can't find the right person.

Stop looking for the right person and start dating to have fun. Generally, what happens, is when you're feeling good and not dependent on somebody, but you have lots of friends and lots of dates and lots of support, you're feeling full within yourself and then you're able to be receptive to finding the right person for you. That's my most important dating tip.

You'll notice that desperateness, the desperate looking, that doesn't work. At the same time, not looking at all doesn't work either. You have to look at yourself and view yourself in a mirror. Am I receptive? Am I giving out messages that say that I am open to having a relationship? At the same time, am I giving messages that I'm desperate for a relationship?

Desperate for a relationship - this could mean a lot of different things, but one of the things I'm asking you to avoid is not just feeling all needy. Of course, everybody knows not to feel that, but when you're always sizing somebody up when you first meet them, is this the right material - don't do that.

That's like expecting this person to be your marriage partner. Don't be thinking about a marriage partner, don't be thinking about the right person - follow your feelings and get to know people and let them know that you're not getting into something serious right away and it's okay to explore many relationships until you feel good within yourself and you're not dependent on a partner, and often that's when they show up.



For married couples, the most important thing to realize is that after three years in a marriage, the passion will automatically go away to a certain extent. Don't take it personally. Realize that the things that seemed to be automatic in the beginning, are not automatic after three years.

You can bring back those feelings of passion and being in love if you go back, and by choice and will, go do those things that you did in the beginning. Let me give you a short example of this. In the beginning, while I'm dating my wife, and in the first three years of marriage, I can't wait to go out to some hotel or do something special, something romantic, just the two of us.

Then the kids come along and still, I still want to find that time for us, carve it out and get there. But then after three or four years of marriage, it's like, "It's such a hassle to go somewhere, and I'm not really feeling that romantic right now, so why don't I wait until I'm feeling romantic?"

I certainly learned not to do that because I could wait and wait and wait, and suddenly everything gets in the way of romance. You have to carve time out for romance if you want the relationship to prosper and thrive. That is a particular need that we have. You carve it out, and even though you don't feel like it - it's like work - to say, "No, I've got to carve it out, I've got to make time for it, I've got to schedule, I've got to do it."

Even though you don't feel like doing it, do it anyway. Once you're doing it and you're helping your partner and they're feeling good about you, suddenly you'll feel glad that you did it, and then you've brought back those warm, loving feelings again.

After three years, it does become work. It doesn't have to be struggle. I love my work, at the same time, it's work. Just in a relationship, there are times when it needs to be work, and after three years, you can't expect the romance and the passion feelings to be automatic. You have to do something about it.

You have to schedule those dates like you did in the beginning. You have to make sure to give your partner compliments. You have to continue to bring her flowers - all these little things. Women, you have to remember to give your partner a break. In the beginning of



the relationship, you give him breaks.

You say, "Oh, he won't do it again. He won't do it again," but three years later, he's done it 15 times and I'm going to give him a hard time. No! Come back and remember how you were in the beginning - forgiving, accepting and appreciative. Show delight when you see him.

As you read my literature, you'll see that men and women have different emotional needs. Women need to learn the needs that men have, which particularly show up as a need to feel appreciated, forgiven and accepted, and trusted, that he's someone you can depend on. That means that when you need help, you ask him for help - not when you're mad at him - you ask him long before that.

Men, we have to learn that when appeals to women most, what shows up as love most for them, is a feeling that I care - I care about who she is, how she feels, what she thinks, what her needs are. I understand where she's coming from, I take time to get to know her, think about her and let her know that I know her, and I see her. The other is respect; to honor her as the most special person in your life.

It's not that men don't need those things as well, but women tend to give that to men and vice versa. Women certainly need to be appreciated, but more importantly women need to feel that he cares and he understands and he respects her. That's a short one on that one.

Then we're going to go into breaking up, starting over. To heal the heart, I have a book called *Mars, Venus Starting Over*. It's important when you're starting over, statistically women take nine years to find somebody, men take three. What I say for me is you're like a hungry guy in a desert. You haven't eaten and now suddenly, because you've gone through this marriage that hasn't worked for a while, you're starving for love.

The first woman you find, you might fall in love with. Don't marry her - and let her know in advance that you're on the rebound because those feelings will change, just as if you were truly starving and you had a bagel. You'd think that was the most delicious cake you've ever eaten.



As time passes, you're no longer starving. You'll think, 'Bagels are good for sandwiches. I think I might like a dessert over here.' So don't make commitments. Let women know that you're on the rebound.

For women: don't let yourself find a million reasons why you don't want a relationship again. In my *Starting Over* book, I talk about 21 reasons that women have for not getting in relationships. A few of those are thing like, "well, it's just too much trouble," or "I'll never get what I need," or "I don't have time for one, I'm happy just giving to my community," or "my children need me. I have no time for a man."

These are all obstacles that get in the way of you really getting in touch with what's really happening, is you're afraid of being rejected again, a fear of failure in the relationship. What you do is you take time to explore your feelings and heal, so there's a healing process. The healing process generally can take, after marriage, nine months of really taking that time to go inside, but then you need to get out there and start dating again.

Even if it's just as friendships, so you begin to experience the love that you're missing instead of waiting until you feel that you need that love. You have to go out and just do it, and you feel it and go, "Oh, I kind of like this."

The last is sex. For couples and sex, my favorite advice when it comes to sex, I've got a book *Mars and Venus in the Bedroom*. It is good to study our differences in the bedroom because they're enormous. All I want to cover here is that communication about sex, sometimes he wants it, but he's stopped asking for it because he's been rejected so many times, so make it easy, women, to let him know when you're in the mood.

Have two candles, his and her candles and then a little candle. When she's in the mood, she lights the candle, when he's in the mood, he lights the candle. Then you can always know who's in the mood and when. When two candles are burning, then you just go in and have fun, and you don't have to worry about asking and being rejected.

At times, if his candle is burning for a while or her candle is burning





for a while, you can just think, 'Oh, well, I'm not really that much in the mood, but this is the person I love, so I'll light the little candle,' which lets them know that you're not really into it, but you're happy to give them a hand.

Janet: John, it's really interesting to listen to you, because I can now see how you've connected health with relationships because with all of the things you've been talking about, no matter how much one knows and what the right things to do are, if you're not feeling healthy and if you don't have clarity of mind, you can't remember, or you don't automatically do those things.

Dr. Gray: You can't remember to do them and also, you don't have the fuel to do them. You really need the juice.

Janet: I was talking with a friend of mine who was at he weekend, and was really impressed by your knowledge, and she walked in her house and had a little bit of communication breakdown with her friend. She came up to me and said, "I know what this is. I just don't have enough serotonin right now."

Thank you so much, John. One question that we always like to ask at *Healthy, Wealthy nWise* in our interviews is that we believe strongly in the power of intention to manifest outcomes. We know your current most important project, but what would you like all of us listening this evening to hold for you in that intention?

Dr. Gray: Well, I'd like to talk just to support the idea of intention, that what makes intention real? It is the power of intention that truly attracts success, and that is 90% of it, if we want a percent on it. It's our actions that say that we truly have that intention. They make real the intention, so putting forth action.

I appreciate the thought, and I appreciate your blessings to me and the positive intent that this new message of health, happiness and romance through good communication, nutritional support and exercise become as successful as the *Men are From Mars* program and even more.

Janet: Wonderful. Again, where can people go to find this information?

Dr. Gray: They can go to [www.marsvenus.com](http://www.marsvenus.com).



Janet: Thank you so much, John. What is the single most important ideal that you'd like to leave our readers with? Is there anything we haven't discussed yet?

Dr. Gray: I thought the time was up, so I was finishing. How much time do I have? I am the ongoing seminar!

Janet: You are, and it's not only the ongoing seminar, it's the ongoing A-plus, you've-got-to-make-it seminar, because it's the best.

Chris: John, we usually go between an hour and an hour and 15 minutes. This is our last question, so we like to focus on the most important idea that you feel you'd like to leave our readers with.

Dr. Gray: Well, I wouldn't say it's the most important theme. I think I've given those themes out, of my messages. Each book of mine has a theme in it, but there's a little piece of information that I haven't shared that I think is really vital information.

As I shared in the beginning, my younger brother committed suicide. He was manic depressive, and the reason he did it, he did it in a calm state of mind, he could not bear the side effects of his medication anymore. He was on lithium and it would dramatically help his schizophrenia, his bipolar, when he was on the lithium, but there would be terrible side effects.

That's because, at that time, and they still do, doctors would prescribe 100 to 200 times more lithium than your body can assimilate. Therefore, your kidney is working overtime trying to detoxify all that excess mineral that your body doesn't need. It would create terrible symptoms of nausea, sleeplessness, irritableness and itching on his body and just despair.

He eventually took his life because he couldn't bear to go back to having his manic depressive states, and he couldn't bear the side effects of lithium. Since that time, they've discovered other drugs like Prozac and Zoloft, which help those people, but nothing works as well as lithium. Lithium has the terrible side effects.

Then I discovered that there's another nutritional supplement, which I call a super mineral. There are several super minerals, which I also talk about in the blue box, or the *9-Day Relationship Makeover*. I tell you where you can get these minerals and soon



they'll be available at my website.

One of those super minerals is lithium. It is a natural mineral, just like calcium, but the reason it would have such terrible side effects for people with schizophrenia and bipolar, when they use it as a drug, is because they give 100 to 200 times more than your body needs.

A German scientist, Dr. Nieper, discovered that the body only needs 4.5 milligrams or 10 milligrams at the most of lithium. The problem is - how do you get it into the brain - because there's a blood-brain barrier? If you just take it, it doesn't get to the brain. He discovered a natural mineral carrier called orotate. He bonds lithium with orotate.

You can take, in capsules, lithium orotate, and it goes to the brain and feeds the brain this mineral that it requires, one of the many minerals that our brain requires. When the brain becomes completely deficient of lithium, then manic depressive, schizophrenic, bipolar and depression will result for many people.

In history, you'll see that every famous world leader and every famous scientist had either Obsessive-Compulsive Disorder, which is an imbalance and lack of minerals in the brain, or it was manic depressive, which is a deficiency of lithium in the brain.

What happens is that when your brain becomes very excited, it uses up minerals, and even if your diet has good minerals in it, if your brain is genius quality or if you're very sensitive and you think a lot or give a lot and create a lot in your mind, you can use up those minerals.

If you're very positive, you can use up those minerals. People then become depressed until they get more minerals, eat their food and kind of rebuild and so forth. Now, in America, the food we eat is deficient in these minerals because we've been using fertilizers for over 100 years.

We really need to find a good source of all of these minerals. One of the ones you don't find in the health food stores, unfortunately - calcium is important, magnesium, potassium, chromium and zinc, these are really important minerals - the sixth, which you can't get in health food stores, is called lithium orotate.



There are several places on the Internet where you can get it, and you can also be getting it on my website too. What I've found is that for many, many people who have ups and downs, irritableness, stresses getting to them, as long as they also provide their body with the right nutrition of amino acids in the morning shake that I recommend with the super foods, then the super minerals provide a whole new level of ease, comfort and peacefulness to life.

What I noticed right away, when I started doing them over a year ago, in just a very small amount, just what the body requires - if somebody was schizophrenic or manic depressive, we'd double or triple the dose, and that would be it - it's a natural mineral supplement, just as well as calcium.

What I noticed for myself, personally is that at times... my wife - we've known each other for 25 years, and she brings out the best in me and sometimes she brings out the worst in me - and that's the fate of all couples. That's why we're drawn together, to bring out the best in each other.

At times, when we're not feeling good, she could start saying, "Oh, would you do this, would you do that?" and it's just like one more request that I'm ready to grumble and growl, and this irritableness will come up. Or maybe she starts doing something that Venutians do, which is making a lot of suggestions. I'm okay with a few, but not a whole bunch, and I start getting a little grumbly and irritable. It's a little thing, but it will cling and hold on for the whole day and irritate me or annoy me.

As soon as I started taking the lithium orotate, never does anything hold on. Never do I hold on to it, and I can just let it go. There are some times we're upset, we'll be upset, and then we want to let go, but why can't we just let go? The mineral that helps us to let to is lithium, so if that's a tendency, you'll love lithium as well as one of your good mineral supplements.

I just want to toss that in as very vital information and I wish I'd had that information over 20 years ago to give to my younger brother, because it could have saved his life.

Janet: Thank you so much for that. I'm going to immediately look on the website for lithium orotate.



Dr. Gray: We'll have it there soon, but if somebody wants it immediately, the two other brands, which are very good, are from Vitamin Research [ [www.vrp.com](http://www.vrp.com) ], lithium orotate is very inexpensive; and another one is [www.feelserenity.com](http://www.feelserenity.com). They have a product which is lithium as well.

Janet: You're going to be carrying it in your *Mars Venus* products, right?

Dr. Gray: That's correct. In your Mars Venus Makeover, I tell you the foods to put in your morning shake that will provide the enzymes, amino acids, and product the brain chemistry of dopamine and serotonin, the enzymes, minerals and the omega-3 and protein - in the right balance.

You'll be able to make that, but also there are some other ingredients that are really hard to get, like wolfberry, which is a super, super antioxidant, five times more concentrated than oranges with vitamin C. It's tremendous food for the brain. It also increases light in your eyes, you can see more light, which uplifts your mood because it stimulates the pineal gland.

I put together a shake formula which gathers all these things up, so it's really simple for you to just add water and drink it. Then there's another ingredient that's not yet in stores, but I put it in my shake. I call it "O-Sweet." It's an oxygenated sweetener, which is all-natural, zero calories, no sugar, no chemicals. It's a proprietary process which is magnificent. It's literally putting oxygen into your body and that oxygen tends to be sweet.

Janet: John, I wish that all of our listeners could have spent the time that the 30 of us got to this last weekend, because if they could see the look on your face and the brightness of your eyes, and the calmness with which you handled all kinds of situations that seemed to come up, they would go buy these products immediately. I'm on board.

Dr. Gray: I will let you know as soon as they're ready. It should be a couple of weeks. Also, I want you to know that I'll be doing the five-day courses at my ranch once a month for the next year, so people can find the information on my website about that too.

Janet: The next one is in January, on the 8<sup>th</sup>?



Dr. Gray: Yes, it's January 8<sup>th</sup> to the 12<sup>th</sup>, and then a weekend one the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>.

Janet: It's a beautiful ranch, for all of you to know, if you want to start your new year off right. John, you're going to be sharing this knowledge as well as relationship information and technique and processes, is that correct?

Dr. Gray: That's correct.

Janet: Will it be things that people can do together and practice?

Dr. Gray: It's for couples and singles. It's a Mars Venus wellness retreat. For me, wellness now includes relationships, exercise, nutrition and meditation.

Janet: it's in beautiful Mendocino, in the mountains. I'll tell you, it's just profound, it's beautiful, the ocean is lovely and I can't wait to be there again.

Chris: John, thank you so much for being our guest tonight.

Dr. Gray: Oh, it's been my pleasure. I'm very happy to spend time with all of you, and it's an honor for me. I look forward to meeting the people who are listening, maybe at my ranch some day.

Chris: Absolutely. I have to say that as I've been listening to you over the last hour or so, the thing which you have, once again, helped me see so clearly is the inner connectedness of every aspect of our lives. Just hearing your story of how you started and your movement through and your understanding of relationships, to your present time of understanding how the physical aspects of our life impact and in fact, sometimes determine, it sounds like, what shows up in other aspects of our lives.

We spend a lot of time in these calls focusing on passions and what it takes to understand one's destiny, and as we've listened to you, what I've heard again and again is that your passions have led you forward to discovering deeper and deeper aspects of knowledge in this area of relationships, life and living.

I think when we took you through the *Passion Test*, one of your





great passions was understanding knowledge which is not obvious to others, isn't that right?

Dr. Gray: That's correct. I like to discover things that most people don't know, but when you point it out, they go, "Wow, that makes sense."

Chris: It's been great to listen to you tonight, and I encourage all of our listeners as well, in your own life, as you discover your own passions, the things that draw you, the things that you love the most, understand, just as John has explained, that it's not about forcing anything.

Dr. Gray: It's about persisting and following your will with love of what you do, and remember that all successful people do what they love to do, but it doesn't mean they don't go through the struggles sometimes. Those times, you have to keep relaxing into it and following your dream.

Chris: Thank you so much, John.

Janet: Thank you, John, so much.

Chris: Good night and thank you so much to all of you for being with us.