

# John Gray Interview

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Michael:

Welcome to logical soul tech. My name is Michael Craig and I'm your host for this weekly talk radio program that features interviews with some folks I consider to be the best, brightest and most creative people in the world. During today's 60 minutes program, I will ask them about their expertise in work but I'll also wanna focus on their inner world, the turning points in their lives, mentors, influences and decisions they made that brought them success. You see as a chiropractor for many years, I discovered that most people including myself have an underlying matrix or patterns of what I call hidden decisions that we made as small children or picked up from our parents, teachers or even our ancestors. These subconscious matrix decisions form our reality and affect our motivation and our destiny. Consequently these matrix decisions can either propel us to greatness or lead us to self sabotage and failure.

Now, quite by accident many years ago, I discovered how to access this matrix of hidden decisions to allow amazing results to happen to my own and other people's lives and you can get more information on my techniques and methods at [www.logicalsoul.com](http://www.logicalsoul.com) and [moneymatrixmethod.com](http://moneymatrixmethod.com) which is one of the better ones that use right now. Also be sure to check out and click on the follow button at [blogtalkradio.com/logicalsoul](http://blogtalkradio.com/logicalsoul) to get a heads up on all our great interviews.

Now, my guests were selected because quite frankly I find their stories and their lives interesting. I also find out they possessed qualities I find rare in an individual and that is a passion for what they do and the determination to see it through. They obviously have made strong decisions early in life that live under their current success and achievements. My goal in interviewing them here is to probe a little bit and discover their pattern of life decisions. This will allow you as my listeners to maybe pick up some special nuggets that will add to your motivation and nourish your own seeds of success. So listen and enjoy. After about 10 or 15 minutes, I invite you to call in with your comments

and questions. Our phone number is area code 347 843 45 44, that's 347 843 45 44. If you wanna get called on, simply press 1 to raise your hand.

Now, my guest on the show tonight needs no introduction and he is author of the book Men are from Mars, Women are from Venus which has described by USA Today as being the number one bestselling book of the last decade and I think that's him on the line right now so excuse me while I get him.

So I guess you've figured by now my guest is Dr. John Gray and the what I'm gonna be doing is I'm gonna be calling him up and let's see if we can get this thing on the road here. Okay excuse me for the technical difficulty here. So we're calling Dr. John Gray.

John: Hello, hi Michael.

Michael: Hi John Gray, I'm so glad you're on the line. I finally reached you. Thank you so much for being on the show today. I was just giving a little brief introduction here about some of the work I do and I also mentioned that you need no introduction being the author of Men are from Mars, Women are from Venus and you've got another book out. Actually I went over back in January. We went over some questions and answers that Helena has sent me about some of the main points in your new book called Venus on fire, Mars on ice which I found fascinating reading and I wanted to ask you a little bit about that. Before we get started, do you mind if I call you John or Dr. Gray?

John: John's fine.

Michael: Okay thank you John. What I wanted to ask you is – and I think my wife put me up to this because she's read everyone of your books and of course she wants to go over everything that you talk about when we have private time together and its fascinating stuff. One of the things that she had that she wanted to ask, that is your current wife, I believe her name is Bonnie?

**[0:05:10]**

John: Bonnie, Yes.

Michael: She wanted to find how Bonnie has contributed to your insights in relationships because as you know, you're the international expert in relationships but how has your wife influenced you and how has she contributed to your work?

John: Well each book I write, I do write my dedication to her and thank her in my acknowledgement as being a major contributor to my work. Everything that I write about is helping to give people insights in a practical way to make their relationships better and I use them in my own marriage. They're all based upon my own frustrations and our own marriage and then gaining these insights, then our marriage has just gotten better and better in the last 27 years. We're closer than ever because I certainly wasn't any expert in relationships. I studied psychology but that doesn't make you an expert in relationships.

Michael: Right.

John: And it was literally finding out what really worked and I don't think I could've done it with just being in a relationship but I was also a relationships councilor so a lot of that needs and expressions and complaints that my wife would have – my women clients all had the same ones. It was like I was outnumbered. It's really easy to hear a problem when it's not about you and so I'm able to hear all these women talking about their issues with their husbands and I realize these are the same issues my wife has about me. I could hear it in a non-defensive way and then figure out ways to solve those problems and sometimes its helping women to understand what's going on in a man's mind, what he's doing but my wife has been the primary source of helping me understand what's going on inside a woman and what works inside a woman. Financers being saying over the years my books have changed and gotten better and better.

My most recent one Venus on fire – when we get to it, really has more practical application because we're all discovering who we are in this new world of higher stress levels, more uncertainty, more decisions, women in the work place, world changing and so forth and its literally like the music has changed. We need to change the dance steps. A part of how I've been able to suggest the new dance steps for men is in terms of what do men need? Often I didn't know what I needed. I thought I did but it

was when my wife would just give me a particular kind of support; I go 'wow' that was great. That made me feel really good. I wouldn't even think of that and vice versa. I've just been able to hear so many women articulate what their needs are when sometimes my wife couldn't and I try it and it works. So you take that concept. You spend your life over 30 years, I've been focusing on gender differences and developing these ideas and then suddenly all this new research comes along which even expands the awareness even more so we can apply more things. So yeah, my wife has been a major contributor to the whole process.

Michael: Thank you so much for that. I had to ask that question, get that out of the way because my wife has been wanting to know that and I think she's on the line.

John: Did she read Venus on fire yet?

Michael: Yes. She's made some...

John: Coz I've had many women come up to me and say 'I really appreciate Venus on fire, how much you acknowledge your wife in that book' in terms of I give examples from our own relationship, how she's taught me and help me understand women and like that.

Michael: Sure. I guess she just wanted to hear you say it. It's one of those things. Gotta come from the horse's mouth so...

John: It's definitely a partnership to create a book on relationships.

Michael: Exactly and I love my wife dearly and she's listening so I wanted her to hear that. But I tell you, your books have really done a lot for us over the years and we've read just every one of them – her more than me. I haven't read them all to be honest with you but it really has helped our relationships and I know you help so many people around the world. I mean you sold 50 million books worldwide?

John: Yeah it's amazing. I was just in Kuwait where they have a very high divorce rate and giving some seminars – there were judges that came to me and said that when people come for divorce, they won't give them a divorce right away. They have to go home and read my book first and sometimes they don't get divorced.

Michael: That's a good acknowledgement.

John: Its everywhere I go. I go to china, I go to various places and people have been reading my books and they love my work and has changed their lives and quite often now, I get these people by seminars who say 'yeah my parents read your book' so they make you feel a bit old but it's fun.

**[0:10:00]**

Michael: Exactly. Now part of what we do on this show John is find out what are the patterns of your life decisions. What were some of the early influences that you had in your life? Some of the people in your life who influenced you the most, some of the really decisions that maybe you made as a child that's lead to your current success or your understanding or insight, things like that. Could you fill us in a little bit about that? Who John Gray as a person?

John: Sure. That's very interesting. I do remember if I go back, what pops up in my mind first is I guess I've always been rather introspective and thoughtful and I remember having sex as a teenager for the first time. I was so excited I mean I've been telling people I've had it. Most guys always said you've done it but you haven't really done it and then so they had done it and I remember going over to my friend's house afterwards and staying up the whole night trying to analyze why could something that felt so good not be considered okay? how could just getting married whcihc to me at that time meant you sign a document and make a commitment on paper, how could that make this beautiful act acceptable and without that, it wasn't acceptable? I've always questioned the social morals and just said but why? Then when I was a teenager, everybody on my generation back in the 60's – not everybody but a lot of people were doing drugs...

Michael: Right.

John: Drugs just made you feel terrible afterwards and I didn't wanna do drugs and I didn't wanna hurt my brain or whatever and right around that time, the Beatles had gone to India to study with a guru, a maharishi and they said they were getting high without drugs. I thought okay, that's more of my line. Let me go high without drugs and I went to a course – a maharishi came to America and I thought I was gonna see the Beatles to

be quite honest. That was a big motivator but they had just left but then I met the maharishi and I listened to him speak and he spoke in a very inspiring way and I said I wanna have self mastery.

I got to see an example. I'm a big fan of having mentors, people who are an example of what you wanna become like coz then a part of which is I wanna be like him and as we're talking about mentors which I think are important role model, I actually go back in time and the wisdom of my mother – my dad traveled a lot so because he wasn't around, my mother worked very hard finding role models for me. She sent me to karate school coz she thought the karate teacher there was a great role model for me and I became his student. I went on to be in karate magazines. This is long before the movie the karate kid and then I went on to having my own business of paper route and the guy who managed all the young boys doing the paper route, she thought he was a good example kind of a real salt of the earth guy out there working everyday so that was an example. I had these role models and then I had another role model, just people I wanted to be like. I think that was my journey for a while in my younger years.

Michael: Wow that's interesting. I also spent time with the maharishi. I was a TM teacher as a matter of fact.

John: Yeah but for nine years, I helped develop those TM teacher training programs.

Michael: Right, we know a lot of the same people I'm sure and it was interesting. I also expect to see the maharishi at the first lecture as well but it didn't work out that way but I did get the meeting in person a few times after that, fascinating, fascinating person and really influenced my life. In fact my work today is based on a lot of that knowledge that I received then. It's real interesting to know that you're coming from the same fountain of knowledge so to speak and that a lot of what you do is based on that gentle yearnings for the inner life and how to bring that outward I guess is a way to put it.

John: Yeah, absolutely. The interesting thing is when you become a TM teacher often they say 'you can't go out and teach this unless you're part of the TM movement' so I when I left after nine years of being with maharishi, I

kinda went out to the world and I just felt like okay, I'm not allowed to teach that and I really didn't wanna teach that. there was something that wanted to come out of me and I didn't know what it was so that was a difficult time coz there was a lot of uncertainty but then what started coming out is people kept asking me for advice on relationships. It would just come up and I just had this great information, it would come out of me so gradually I started teaching workshops about that and I was married to a woman who had helped me.

**[0:15:00]**

For a couple of years I started this workshops after I left the TM movement and she was like a good marketer, promoter and we worked really well together and we ended up getting married but not have a family. It was more like we're really good friends and then when I wanted to have a family; we got a divorce coz she didn't want a family. We had a great business relationship and we developed this courses and then when our marriage ended it wasn't as smooth as 'we've always been friends' my heart was broken and she got involved with some other guy and I was hurt by that so forth and went to the whole process of healing my heart and in that process of healing my heart, that's when I developed the ideas that Men are from Mars, Women are from Venus that I realized that.

One of the problems in my first marriage was that at that time there was tremendous propaganda in the universities and in psychology and I've been studying psychology that many women should be the same and it really something was wrong with men that they were 'in touch with their feelings the way women were' they didn't talk about their feelings the way women would.

Michael: Right.

John: If we didn't think and react the way women did, it was always in that marriage – it was always like something was wrong with me when I didn't relate to things the way she saw them and to be honest when I saw her reactions, I thought something's wrong with that but all of the books were saying the men were wrong and I kinda went wait a second, something's missing here and when that marriage ended, I was able to

sorta backup and realize that I went the wrong direction trying to see that equality coz we should all have equal rights. Equality doesn't mean people have to be the same and then I was able to shift my direction.

I have to say it was the divorce that kinda was hitting myself over the head with a hammer. You kinda wake up and what was missing in that marriage and what was missing was a lot of these insights that I gradually developed and since then over the 27 or 28 years of my life, it's just made it better and better.

Michael: Isn't it so true that the diamond is formed under such great pressure? I mean I've had a couple marriages myself and each time it's like breaking your heart all over again. It's like the vessel is broken to be formed again and so I can understand that you've really turned it around and you've brought such comfort and such insight to so many people and I really wanna applaud you for that and as I said, my work as well has been forged in those same fires so it's really a learning process.

John: It is a learning process and I'm not saying that everybody should plan to go break your heart but when it happens, there's always something better down the road as a result of it. We just have to remember that. Here was a real key, since we're talking about life lessons and changes and so forth. Back when that divorce happened with my first wife...

Michael: Excuse me John, Dr. Gray we're having a little bit of technical difficulties here. Are you hearing something breaking up when I talk?

John: No, its fine for me.

Michael: For some reason when you're speaking, there's a little bit of a strange glitch going on but I guess we'll just continue and hope for the best. Are you talking through Skype?

John: No, I'm on the telephone.

Michael: I called your home phone right?

John: Yeah, home phone.

Michael: I don't know what the problem is...

John: Why don't you call me back?

Michael: Let me do that; let me call you right back and hopefully we'll get a better connection. I'm sorry for the interruption.

John: From my side, you sound great.

Michael: Let's pick up where we left off. I'll call you right back. For the rest of you on the line, if you're listening please hold on. I will call right back and we'll be right back with you in a minute. If you're listening online our area code number is 347 843 45 44 where you can ask John Gray a question. We'll be coming up with questions and answers here in about 10 minutes so hang on and listen to what he has to say and I'll be right with you. I'm gonna call him back.

John: Hello this is John Gray.

Michael: It doesn't sound any better but I guess we'll go with it.

John: Okay.

Michael: Can you hear me okay?

John: I hear you just fine.

Michael: There's sort of a glitch. Maybe it's my speaker. I'm hoping that the recording itself is not so bad. Sorry to interrupt. We were talking about the life lessons and how divorce changes your life and give insights...

**[0:20:00]**

John: My heart is broken. One is that I've been teaching relationship seminars and here my relationship had failed so I couldn't go out and do my career. This was something I was developing so I felt like I was a failure at my work and then the woman that I love was now in love with somebody else and I was a failure in my love life. I was devastated, just devastated triggering all kinds of feelings and when I write about this in my book called Mars and Venus starting over of how men and women cope with divorce and move through that whole process and heal their hearts and once I've moved through that, even after two or three months of it, I became such a more compassionate person coz I've never felt such emotional pain before as an adult and so I had tremendous compassion as a therapist. Oh my gosh it should almost be a prerequisite for a

therapist to go through a divorce. You have to understand the depths of pain that people go through, otherwise you hear people's problems and you think 'that's not so bad' but when you're there and you go through it, there's just a level of automatic empathy and compassion and as I move through, it became such a better person, a more compassionate person, happier person, a more fulfilled person, a more confident person, as I went through that...

Michael: We're breaking up again.

John: Okay, why don't we try me calling you? We can try another thing. I'll just try calling you on the guest hotline okay?

Michael: Okay. John I just got word that everyone else can hear you but my speaker's just having a little bit of a problem so let's just go continue... if I miss a few things during your conversation I guess I'll just have to ask you. I'm sorry about that.

John: That's okay. I'll keep that in mind. It's funny that this is happening on a day we're talking about relationships because communication is always gonna break down. That's the most important thing for people to realize – if communication breaks down and you're misinterpreting, misunderstanding each other, that doesn't mean you're with the wrong person and it doesn't mean that you can't make it work. This is just part of life. Life is not perfect and the closer we get with someone, often it's so much easier to misinterpret them. Your feelings hurt easier because they're inside your defenses and the irony of it is if someone you love the most have the biggest impact on you so when you misinterpret them, it has a much bigger defensive reaction inside.

Michael: Right.

John: We just have to always give ourselves a little space and trust that you can still love someone, you can have a great relationship, you can continue to move through things and yet have these bumps along the way. It's part of life just like we're talking about my own life. We're talking about the bumps along the way. I've grown so much from them. It was actually nine months after I went through this most devastating divorce that I went through coz I lost my career at least temporarily, the divorce, and I was just devastated and it brought up feelings that have been buried from my

childhood where I have been abandoned for a week and haven't seen my family and completely forgotten about it but those memories had come up as I was doing these little exercises that I teach in my book and having worked that through, moving through it, doing healing exercises, nine months after that divorce, all the anxiety left my life and it has never come back.

At least when it comes to public speaking I'll put it that way, as soon as I go in front of an audience or even anticipating an audience, I'm very calm and relaxed and happy whereas a radio interview or anything to do with my message. I just feel great, calm, and peaceful about whereas prior to that divorce, I used to have huge anxiety before getting in front of audiences teaching seminars or doing interviews. I mean literally my knees would get weak and my voice would tremble and all of that went away. It was like literally I've faced my biggest fear and come to the other side and nothing is as terrible that ever happened as terrible as that from my point of view.

People would come to me for counseling and even through this day, as they're going through a difficult time, I feel compassion but I also was happy that they found me or that they're seeking help because I know that with the right help they're gonna be able to move through and become so much more open and receptive to having their life be better because truly from my expertise and my past, and I don't always believe this 100% I can certainly talk like I do but when you go through this difficult times, they always end up bringing more into your life and we always end up making our lives better if we stay authentic to the process.

And that's all that's happened for me and all the ups and downs, something better always resulted but there are these challenging times and like you said, the challenging times, it forges to help us to grow and I don't think that everybody has to go through challenges extreme as mine but not everybody's gonna be a world teacher. I teach in all these different countries. That was my hope and my goal and again where did that come from when you're looking at how do we form ourselves as a child. I had no idea that I was gonna be this teacher around the world and everything and well known everywhere I go but here I was. I was 18 years old and sitting in an audience and there was the maharishi who was

internationally known and I went 'I could be like that. I wanna be like that' that inspired me and it was literally like some part of me said that you can do that and then went ahead and did it. Of course for the first 10 years I never thought I would be famous and successful. I was happy just to learn and grow and be like him. My goal wasn't to be famous and successful in that way but I wanted to achieve the goal of the meditation, wants to become enlightened, to develop our full potential and I've done that you know? I feel very – I'm expressing my full potential here. Every day I get to get up and express my potential as a human being and continue to grow in it, become more and more.

**[0:26:22]**

Michael:

You're quite an inspiration John and I appreciate the insights that you've given us. Essentially, we teach what we need to learn and that's such an inspiration, all the sudden going through difficult times – me especially because I've had some difficult times and when I push through them you always learn something. We have a time for questions. If anybody wants to call in, 347 843 45 44 and ask Dr. John Gray a question or make a comment, range your hand by pressing 1 and I can call on you. Meanwhile John this is our Valentine's Day show. It's the day after Valentines Day actually. How did you and Bonnie spend Valentine's Day?

John:

I scored big time. We had a great day. We started by sharing cards and the next thing as I went in – either I got her some roses but then I went out and came back with a box of gardenias that I had ordered. What's amazing is when I dated her, I used to always bring her gardenias and I still remember that was back 30 years ago and I would get her gardenias and even back then they cost \$1.50 but today at one of our flower stores, you could buy a whole box of maybe it's like 50 gardenias or 100 for \$20. It's all in a box and you just buy them in bulk. So I brought home a big box of 50 or 100 gardenias and I said 'well these are...' – she said 'three would be fine' I said I know but now you can put them around the house. I put them around the house and we can go around to all of our children's houses and give them out to our kids and our grandchildren and to the assistants at the office so that was a big day.

All day we spent going around giving gardenias out to everybody in our lives, our grand children, our children, our office helpers and so forth and

the next thing – I told her ‘we’re going out tonight. Be ready at six o’clock’ which is really fun for women coz they like to now know and she said ‘how am I supposed to get dressed’ and I said well I’m gonna wear this and this and she said okay and I wore a suit that she loves that I hardly ever wear that I wore to one of my daughter’s wedding. And I wore that suit and its really good and she went ‘wow’ I even put on my English shoes. I dressed up for her. Women love when men dress up and we went to a beautiful restaurant with two friends and then at the end of the dinner that was all a big surprise to her and she didn’t know who we’re gonna go with. I didn’t even tell her we’re going with somebody until the minute then they came so she was lead surprised after another, after another and then we got there and at the end of the dinner, we did a little exercise with our friends. I have two friends who were with us, they were another couple and it was ‘what I love about you’ and you go around, you just say to each person what you love about them, everybody takes a turn. It was just obsolete to just be able to express my love for my wife in front of these people.

Michael: That’s so special. Thank you. What is the number one secret to keeping Valentine’s Day fresh all day or all year long because that was one of the things that I said that you were gonna cover today. I don’t know if I’ve told you but...

John: No, actually the point – often people just count anniversaries or Valentine’s Day by saying that phrase everyday should be a valentine’s day and I’m not in that camp. I think that one needs to have a special occasion like if I wore that suit everyday then that suit would be boring.

Michael: Right.

**[0:30:00]**

John: But because it’s something I don’t do normally, it creates that special occasion. If these were the people we go to dinner with every Thursday night then what wouldn’t have been a special occasion so there’s something about special occasions where it’s what the British call gilding the lily. You do a little bit more than necessary. You do a little bit more than you usually would and that’s a special occasion and men particularly don’t need that so much but women do. That’s a key thing for them. I

mean why do I need to give her a little card? She knows I love her and whatever but you get the card, you go to the procedure of doing all these little things coz to women, they mean a lot and I remember saying to my wife I say 'what would you like to do on valentine's day?' she says 'we do everything. We don't have to do anything' and then of course I did something and she was happy and thrilled and surprised and all that.

Michael: Always surprise...

John: Give that little dance that you do coz you wanna make it special. That makes it more special and the only way I can communicate that to men coz women are different. They have this hormone called Oxytocin. Now men have that hormone too but we never run out of it. It's the love hormone. It's a funny thing. Men say 'of course I love her. I always love her' but women are always fluctuating. They love you but they're loving you more, loving you less, loving you more, and loving you less so they're very insecure about love because it's always changing within themselves. They need lots of reassuring messages that they're love and really what we mean by this is not even so much content but it's actually loving messages. Little loving messages stimulate a hormone called Oxytocin and for women Oxytocin is something they lose very quickly – one and two it's the hormone that lowers stress in women. Hormone Oxytocin does not lower stress in men. It's not a major player in terms of our hormonal build up and so these little romantic things, our little expressions of expressions have as big an impact on Oxytocin as a even a big thing. I would literally could've brought my life one gardenia, it would almost have the same effect with those 50 gardenias except that we can now go around and give it out and everything she was out giving out those gardenias, she felt she was feeling loving and she was feeling all the support she had in her life and that increases Oxytocin levels.

Michael: Right, keeps building the same hormone.

John: That's right. so on a particular basis, I do wanna fill my day up and my year up with lots of little things that stimulate Oxytocin and this is a key insight for men because men think okay I'll do a few big things. I'll do valentines, I did anniversary, I don't have to do it again but basically what's the big deal with flowers? I mean one of the big deals with flowers is they're cut flowers and they'll die in a week which means that now you

have to go back and do it again and again and again. The concept there for men is don't think a dozen roses, think one, think two, that's all. Often I would bring home a dozen roses for his wife and she's 'no they're too expensive. We're on a budget' but if you bring one, you'll never get that response. You'll always get 'that's so nice, thank you' and it's the little things that make a big difference for Oxytocin levels and Oxytocin lowers stress for women. So that's the scientific foundation of why little things make a big difference for women and for men to know if little things make a difference for you, multiply that times a hundred and now you've got a woman.

Michael: Got it. Dr. John we have a caller in the line, can you take a question?

John: Yes of course.

Michael: Okay area code 678 you're on the line.

Caller: Hi I was wondering as many of us are remarried and got married later in life and have been used to running our own show so to speak through career or just being very independent. Do you have any advice for how to dance with each other, the ebb and flow. It seems like my husband and I – but heads a lot in who's gonna be in control of the situation? Who's gonna manage it? Who's going to execute it? Do you have any words of wisdom for how to take turns so to speak being in charge when you're really an adult...?

John: Yeah you wanna be in charge with your life, absolutely. Generally it's not even just that you're getting divorced and you're getting back together. As people get older they also wanna be more in charge with their life. One of the things that make younger women attractive to older men is often because quite often women haven't gotten to a point where they wanna be in charge of everything and older women like younger men for the same reason. They haven't gotten to the age where they really wanna be in charge of their life. They're happy with someone giving them guidance and direction and I predict that they're wiser but at certain points as we get older, we wanna be in charge of our lives so here I am in my marriage with my wife.

**[0:35:10]**

We should've understood and we've delegated certain areas where she is in control and other areas where I'm in control and you can do this officially or you can do this abstractly but like when I would be travelling and when our children were young and she would have a different set of idea of what the children should eat and I had a different idea what the children should eat and I used to bring in deserts, in moderation I bring in deserts and she's 'no, no I don't want that. They're gonna get sick with colds' and whatever and I go 'that's too strict' and then she would come back and say 'yeah but when you're out of town and they're sick. I'm the one who's gotta take care of them. If you'll stay home and take care of them when they're sick, then you can be in control' I said no, that's your department then.

And it changes as we've gotten older, different areas where she wants to be more involved but we should've clearly go that this is more important for me to be in charge of this, areas where she feels she wants to be more in charge of this. Now, having said that, we never should've lived with everything written in stone because life is fluid and there's like another communication tip that's helpful and you can basically go okay, let's just do on a scale of 1 – 10, how important is it for you that you get your way on this? And often when she said something like an 8 or a 10 for her, it's not really that important for me so I go okay. I yield to the speaker of the whatever to say – I yield to her. I say we'll just do it your way but in these other times where I'll say this is really important for me but not as important for you. Let's just do it this way and so that's one technique of yielding.

Some couples they just – one person yield to the other all the time and that may work out and certainly in a harmonious way it kinda works out but often it kills the sex drive because for the sex drive to be sustained, you really have to feel that you're in control of your life as well. There has to be a sense of authenticity that's why typically for women, their sex drive increases around age 35 to 36 because it takes about that much time for many women to finally feel like 'I'm tired of being there for everybody else. I wanna be there for myself as well. I wanna be in control of my life' and right around that time when you're in control of your life that also allows you to have a much more stronger sex drive and a sexual

responsiveness and so that's one of the key things for keeping passion alive is that both people have a say in what happens.

I'll just mention one other thing. I mean it's a big complicated subject you asked about but hopefully these are some helpful hints. Another one is for women often – I don't know if this is you but I'm speaking to everyone listening. Women can be very indirect about what they want and just assume the man's gonna pick it up and often he doesn't then she feels over time that everything's his way and when everything's his wife, she starts becoming demanding which will cause him to become defensive. Anybody becomes defensive when you become demanding and anybody will become demanding if they feel like they've been yielding and yielding and 'now what about my turn?' what we'll do is be a little proactive here and understand that women has a greater tendency to yield as a way of creating harmony but then they start becoming demanding when the man doesn't sort of acknowledge what she wants and what she likes and what I help women understand here is that often she is very indirect in her request.

She might say to her husband – let's say they're in a relationship where she cooks mostly and she'll say to him 'honey would you like to go out to eat tonight?' and his response, he'll take it literally. He just says 'no I'd rather just stay home and you can make me anything' and she starts to feel taking for granted. She feels like he doesn't care. She's not important just by the way she asked because if you ask a guy 'would you like to do this?' he'll often just take it straight forward – no I'd rather just stay here and have you cook for me, who wouldn't? But if she wants to go out to dinner, she should say what she wants you know? You have to speak the language of men. If you find her not speaking your language, you wanna be responsible for creating the results in your life so you just make a small adjustment and you say 'honey I'd like to go out to dinner tonight. Will you take me?' or simply 'I don't wanna make dinner tonight. Let's go out and eat' either of those two things will always work. But if you say to a guy 'would you like to do this? Would you like to go on this vacation? Would you like to spend – I'm thinking of going here, this would be really nice, would you like to do it?' no I'd rather not. So I teach women don't ask so much what he likes but tell him what you'd like and that helps

motivate men to take action otherwise they become less and less motivated by the way you communicate to them.

**[0:40:07]**

Caller: Excellent. Thank you.

John: Great.

Michael: Thank you. Do we have another caller? The area code 347 843 45 44, you can ask Dr. John a question. We're online for another 19 minutes here so we welcome your calls and call us in. raise your hand by pressing 1 and you can ask a question. I would call on you. Dr. John what is the male hormone? Could you talk a little bit about that and how women can help raise that as far as improving their relationships with me and their husbands?

John: One of the most significant differences in terms of hormones between men and women is the hormone testosterone. Testosterone, men need to have about 30 times more testosterone. I mean there are other hormonal differences. Women have a very complicated balance of estrogen and progesterone. Men also have that balance but it doesn't fluctuate every month. For women, its fluctuating all the time which easily creates room for irregularities and so forth but what does happen to men over time is that estrogen levels do too – all the estrogen they put in are animal products and all the estrogens that are on the air and on the water now, men start having – as they're getting older, they're accumulating all this excess estrogen in their body and that can also suppress testosterone but basically a healthy man needs 30 times more testosterone than a woman and there's certain activities that increase testosterone.

The first is releasing testosterone, testosterone can be in your blood stream but it doesn't get utilized. It has to be unbound. It has to be released to be utilized and what happens is when men anticipate success or when they get messages that they have been a success, that they have achieved their goal, men get rewarded. They have an internal reward system which is they use up their testosterone so their testosterone gets released and it will product endorphins in his brain that reward him and in addition, it will lower his stress levels and makes him feel good. So this

is the healthy state for men and if men are not productive, if they don't do things that are successful, and the only way they can know they're doing things that are successful to a great extent is if they get feedback saying that you're successful. Then testosterone gets released and this stress levels go down. Okay so that's the real dynamics for men but then once they've have had a very successful day, this wonderful interview I'm having with you, I'm feeling very confident about it, feeling very successful, you're appreciating it, I know that it helps make a difference for people, that means that I'm using up my testosterone and testosterone for me assists his body stay relaxed and energized. At the end of the day, if I have a very successful day, guess what? I've used up all my testosterone so men's testosterone levels are fluctuating all the time and to rebuild my testosterone levels although I have plenty of testosterone the next day, to release what I feel successful, that testosterone which gives me energy, motivation, health and improves circulation, a lot of things happen as a result of the higher level of testosterone that men need. To rebuild testosterone, I need to rest. So when men come home they will tend to just wanna rest and their brain cooperates and turns off.

The difference between men and women's brain is a very big difference. Women's brains do not turn off whereas men can turn of their brains with a little bit of – for us we learn transcendental meditation which was a technique to help turn off your brain but which have extra benefits, we'll put it that way but sitting down and watching the news for most men turns off his brain. There's very little brain activity going on when a man's watching a football game or a news program unless that's his profession then it's something different but it just becomes a way for a man to turn off all of the serious parts of his brain where he's trying to solve problems that work. So literally, the way men cope with stress is by forgetting the problems that are bothering him and men can do this but in order to fully forget and rebuild testosterone – you have to fully forget and relax your muscles, then your body will rebuild testosterone but let's say a guy comes home and his wife is looking at him and she doesn't understand why he's sitting on the coach.

**[0:45:00]**

In her mind it's like if it was a girlfriend sitting on the couch while she was making dinner, she'd be insulted. What's she doing? She thinks I'm gonna wait on her? She thinks that I'm her slave? She taking me for granted? Doesn't she see I need help? And this is what goes on in women's mind is the most important stressor is she feels that she's not love because he's sitting on that couch and she has no way of knowing unless she hears what I'm saying, unless she reads it in my book and sees the scientific research. Instinctively a woman cannot relate to this. Her body is very, very different.

Her body doesn't run out of testosterone. It doesn't need that much testosterone and if she was to sit down on the couch to relax her muscles, basically her stress levels would go up. Women have to be busy doing things in order to lower their stress. The problem for women is if they're doing things and there's an urgency with those things they're doing then it doesn't lower their stress. They have to do things in a non stressful manner kinda like a Japanese tea ceremony is a perfect example of this. You do something without being in a hurry will dramatically lower your stress level.

Michael: For connective meditation.

John: Exactly, her meditation. There's no time pressure. You have you allot this time for – but for men, you basically have to relax your muscles. You have to do nothing in a non stressful situation. But if he's sitting on the couch and his wife's looking like he's a real jerk and she's disapproving of him and she's not giving a message that he's such a success, he deserves to sit and rest, if he doesn't get that message, he's not gonna rebuild his testosterone levels. He's gonna lose his passion, he's gonna lose his interest, he's gonna lose his motivation.

Couples don't realize these little things make a huge difference in the long run. There's a real difference between men and women and men need this certain downtime and women need more communication. That's the other dynamic here. One of the things that because women are so overwhelmed because when they do things in the home, they have this sense of urgency, their stress levels are really high. So if she's cooking a meal for example or taking care of the kids but she feels stressed then that doesn't lower her stress. It will help her to lower her stress if she can

do it in a relaxed way but it doesn't. What she needs and this is the modern woman – has new needs which is activities that will rebuild her Oxytocin just like men have always had activities that help them rebuild their testosterone.

Women have to create new activities to rebuild their Oxytocin because a woman's world has changed. It used to be that women did – almost 90% of their day was nurturing activities not for money without urgency and emergency and when you have those kinds of activities that rebuilds your Oxytocin while you're also using up your Oxytocin to keep stress levels low. Women's lifestyle isn't that way anymore. Just getting in a car to drive your kids to a class is major stressful. It's like I've gotta get there. I've gotta get ready in time. I've gotta get him in the car. We gotta get him in the seat belt. We're gonna go through traffic. We don't know if we're gonna get there on time, all that stuff, even when we get used to it, actually the stress reaction in women is much higher than in men. As a matter fact for me it's not stressful at all. What they've found is that they do averages of women and men in the workplace in situations that urgency and emergency and women's stress levels are twice as high as men. If you put a woman in a domestic environment with urgency and emergency, it's four times higher than women than men.

Michael:

Wow.

John:

It's shocking. That scenario by the way, to be more accurate, I'll be more particular, they measured women in the workplace and they had cortisol levels – the hormone cortisol was twice as high in women as in men and then when women came home they say that their cortisol levels doubled again so basically a woman coming home from a job, she now has this second job which is to try to get everything done that would normally take a day to do. She's gonna do it three hours. that time pressure, her stress levels shoot up twice as high as a woman in the workplace, four times as high as a man in a workplace and a man who comes home and sits in front of a TV set or goes and meditate, his stress levels are dramatically dropped whereas a woman, she comes into the home and it goes up. This is not the way life is supposed to be.

The home should be the place where both men and women recover from the stress of their lives and the love that we give each other and our

relationships can have a profound effect encountering and going against and solving this problem we just talked about. That's why relationship skills are so critical today for women to understand how men are different. So just as different don't cause stress coz I tell you when a woman looks over at a guy and she feels critical that he is not helping enough, her stress levels are hitting the maximum level at that point and at least if she understands 1: what he's doing, why he needs to do it and 2: how she can motivate him to help out more and demonstrate his love for her then boom, her stress levels are dramatically dropped again.

**[0:50:19]**

Michael: I did now know that. It makes perfect sense though that a woman would wanna go to work to relax.

John: That's right. I've got woman in our office – one of the lady said as our customer service, she does part time and she's a lovely lady and she loves coming to the office because its less stressful than at home. I mean managing children today is a big job because my mother – although it was a big job then but it wasn't as stressful, my mother just said go and play. The world was a safe place. You weren't afraid of your children getting lost in video games or internet or glued to the tube or going to a dangerous neighborhood. For most mothers, that hasn't been the case. When I'm in these indigenous countries, other countries where there are indigenous people, the children are just allowed playing with other kids and there are some parents that are supervising. There's always supervision but it's not necessarily you having to supervise your child all day long and that's what it's like to be a parent that you supervise that kid 24 hours a day. That's an exhausting job. This is where the old saying – it takes a village – we just don't have that village anymore.

Michael: Right, real quick John, I've got just a few more minutes here. We've got time for one more call. If you wanna call it, 347 843 45 44 and ask Dr. John a question. Simply press 1 to raise your hand and I'll call on you. Meanwhile, Dr. Gray I wanna ask you what is the website where people can go to get more information and also I have a code that I can give afterwards. Now if you wanna punch that in to get a 10% discount on your products, get them to your website and where you can go and what they can find out.

John:

Well the website is marsvenus.com and in there the first thing you'll see is I've got my four times a year I do a retreat, a weekend workshop. I've got one coming out March 17<sup>th</sup>, around that time and we have a special for this week which is if people sign up, they can bring a friend for free which is really nice. That's done out here in California and in terms of products, we have a store and its pretty self explanatory.

Today we've talked primarily about life lessons and relationships but actually I have a store where I list about 30 different nutritional supplements for different situations that I highly recommend for people not to take all at once but I have a basic wellness program I recommend to people because for a good relationship, you need to have plenty of energy. You can't come home tired and exhausted every day. For a good relationship, you can't bring the stress of the work home. Your relationship can help but if you're stressed out then what happens is your blood sugar levels become imbalance as you're a man.

Sometimes your testosterone levels are so low or sometimes your estrogen levels are way too high and there are simple supplements that can make a huge difference. For example I do all the right stuff behaviorally but also I saw a huge difference in my testosterone levels when I started taking an herb from Thailand called tong katali. I started doing that and now at 59 years old, I had the testosterone levels I had when I was in my 30's – actually 25% higher than in my 30's and your average 50 year old man has half the testosterone levels he had in his 30's. So we don't have to lose this and the National Institute of Health talks about heart disease is our number one killer out there and the number one risk factor for me when it comes to heart disease is low testosterone. That's it. People always think about cholesterol. That has very little – they have some statistical significance but very little. I mean basically there's nobody alive over 70 who have low cholesterol. You actually have to have high cholesterol over 70 to stay alive. This is new research as well.

The cholesterol has some significance but it's really not the killer at all. What the issue is stress and for men, its low testosterone as always related to high stress levels and high blood pressure and all these problems and you get testosterone levels going again and boom, you're

much, much healthier and much happier and you have more energy. In order for testosterone levels, you take the herb, that's one thing.

For Oxytocin levels there's lots of things that women can do, the omega 3's I recommend – for our kids to be smarter and for women to produce more serotonin are really high quality omega 3. There's one that comes from salmon heads and it's in a form of B vitamin omega 3 which that's called Vectomega and anybody takes it, you're just smarter and there are massive amount of research behind it but you're happier, your brain makes more serotonin.

**[0:55:31]**

These are like sometimes very simple solutions to sustain health, to be healthy. That's the theme of my workshop coming out in March. The one I'm doing there is my ageless body which is to stay healthy and to not suddenly get all these sickness and diseases as we're getting older which starts around 40 years old for a lot of people. All these problems slowly start happening and we can reverse that with the right kind of supplementation, the right kind of insight, the right kind of exercise.

I'm not a fanatic of anything. I have very simple exercises, teaching people at any age how to stay healthy even if you never wanna go in a gym nor do any rigorous exercise or simple things you can do. They are time tested in all the indigenous cultures so you've got that dynamic. You've got the dynamic of nutritional supplementation and then there's a theme that I follow which I might make this a book title one day which would be I eat for recreation, I talk supplements for nutrition. You just really can't get all the nutrition you need today. I have this wonderful super food shake that I've been using for 10 years to get my morning nutrition. All the nutrition I need is in this one simple shake. Two scoops, a glass and a little blender and put a piece of fruit in there, tastes delicious and you get everything you need. You get all the amino acids for your brain to make your brain chemicals. I have one mental supplement that has all the minerals coz that's the number one thing you could ever buy at a health food store that everybody needs is mineral supplementation. Organic food today even if it doesn't have all the minerals that it had just 20 years ago and not even close to the amount of minerals who would have a hundred years ago.

Michael: You know, that's so true and you mentioned that in your talk when I heard you in San Francisco. If you were to give people one thing they should do, is to take minerals...

John: That's right. for our children, you see this epidemic of ADD, ADHD, I've seen it over and over, all the symptoms of hyper activity, boredom, addiction to video games and all those things that our kinds are going through, these are all the symptoms of low dopamine in the brain and that can be corrected with food supplements, one is Lithium Orotate and the other is grape seed extract. It's amazing.

If People want information on any of these particular things, they can always contact me and ask me questions for free at – you just go to [share@marsvenus.com](mailto:share@marsvenus.com) and I give my answers out. I'm free, I'm happy to help people. I love helping people with this and I don't have a full book on all of the nutritional supplements that's why you have to kinda go in the store and read what I say about each one. In my most recent book Venus on fire, Mars on ice, the people can get through Amazon. Venus on fire, Mars on ice, I do go into a lot of the extra nutrition that we need in order to do it in a natural way, balance our hormones, without having to take hormones or even what's being called natural hormones where really there's no such thing. Nature doesn't make hormones. Our bodies are supposed to make hormones. You can take biogenetical hormones. It can have very profound benefits for people. I don't question that at all. It's just not – you're not getting to the root cause of the problem. Why is it your body's making those hormones in the first place? And with the right nutrition – in every case I've worked with people, they can start making the right hormones so they'll have to take hormones.

Michael: We're running out of time here, Dr. John if you wanna hang on for a few minutes after the music, we can answer another question or just talk for a few minutes and then we can call it a day. I really appreciate you coming on to the show and you're such an inspiration and thank you so much for all that you do and I want people next week to join us. We have Valerie Coleman who's gonna be talking about money and I hope you join us then. [0:59:33] [Inaudible] Dr. Gray are you there?

[1:00:07]

John: Yes, I am. Hi.

Michael: Thank you for hanging on. We sorta ran out of time there. I know we can probably talk for a few more hours and not **[1:00:15] [Inaudible]** the information that you have. It's so extensive and I really appreciate you sharing it with us.

John: I'm happy to. Did you wanna ask another question?

Michael: We did have someone raise their hand and I thought they were gonna ask it but then they hung up so if anybody has a question real quick, they wanna call in, 347 843 45 44 and press 1 to raise your hand. I can call on you. Again this is real quick, this is sort of the out take moment and it does show up in the recorded podcast on my site. Otherwise we'll just let John talk for a few more minutes and call it a day.

I had a question for you. What was the supplement for testosterone? You had mentioned a natural supplementation?

John: Yeah it's a fantastic one, even for women's libido it works as well but they just don't have to take it in a regular basis. They can just take it for a while and get their libido back and it's not a major thing for them to keep taking it but for men it counteracts the massive amounts of estrogen that we're confronted with if we're **[1:01:31] [Inaudible]** again pesticides as well have what's called xenoestrogens, plastics has xenoestrogens. It's everywhere around us so we wanna do something to help our body make more testosterone if we need it and it's not taking **[1:01:44] [Inaudible]** I wouldn't recommend that. That actually causes your testicles to shrink and it's not a good thing to atrophy your body. It's called tong katali and its 50 mg of hundred to one concentrate and what's interesting is I tested five or six other brands and they say they have 250 mg but I don't get nearly the same effect with this one brand but you'll never know exactly what you're getting when you get these things from other countries but the one I found – the brand I have in my website has been very effective for me and hundreds of people that have given me feedback on it.

Michael: I'm gonna get some of that because as I mentioned when I saw you I've been taking testosterone implants and of course I was having some side effects, not hurtful but just noticeable.

John: Over time that's where it shows up. You probably got a little belly fat from it?

Michael: Yeah.

John: That's the estrogen. Everybody that takes the implants gets the belly fat thing which is a sign that you know your body. They said that's the number one risk factor for heart disease – is the free radical damage that's produced by the estrogens that are produced from the belly fat.

Michael: Right.

John: Not that you're gonna drop dead or anything like that but it's always good to prepare and...

Michael: You made me feel good there.

John: And you'll just feel more. you'll notice it in a few days, more energy, more pep, just some helping that take a little more testosterone.

Michael: Right, I'm gonna get that and also I wanna mention [Cross-talk]

John: I don't mean taking testosterone. I meant taking an herb that helps your body to make testosterone.

Michael: Right, the tong katali.

John: Yeah.

Michael: 50 mg we can get from your website [marsvenus.com](http://marsvenus.com).

John: Yeah that's correct.

Michael: Also I wanna mention that there is a discount code or a promo code LOGSOUL10 if you wanna punch that in. Dr. Gray's assistant has told us that you can get a 10% discount at his website for any of his products so use this promo code and you can get a little bit off there. Fantastic products Dr. John. Thank you for sharing it with us.

John: You're very welcome. It's a pleasure talking with you.

Michael: Thank you so much. I hope to talk with you again in the future.

John: That would be very fun.

Michael: I know you're doing a lot of these seminars and workshops. Do you know when your next public appearance is?

John: Well I don't. I know I do my workshop. It's March 19<sup>th</sup> I think something like that, I've got one next weekend in the bay area. I'm doing it with my daughter Lauren. She has a column at marsvenusliving.com for the younger generation kind of a bit more spicy than me. I'm kinda the older generation but she's the younger generation and she's quite talented.

Michael: I bet.

John: And we're gonna talk together.

Michael: How many children do you have?

John: I have three daughters and three grandchildren.

Michael: Wow. I bet you're very proud of that.

John: Yup, very proud and very happy. It's quite a beautiful part of our life.

Michael: Dr. John I don't know how to thank you. Thank you so much for joining us...

John: It's a pleasure to be on your show. Thank you for inviting me.

Michael: Thank you doctor and I hope to speak with you again soon.

John: Alright, thank you. Bye.

Michael: Take care. Bye.

**[1:05:49] End of Audio**