

CNN LARRY KING LIVE

The Power of Positive Thoughts

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(BEGIN VIDEO CLIP)

LARRY KING, CNN HOST: Tonight, unhappy with your love, your job, your life, not enough money? Use your head. You can think yourself into a lot better you. Positive thoughts can transform can attract the good things you know you want. Sound far-fetched? Think again. It's supported by science.

Ahead, an hour that can change the way you think about the world and alter your life forever. It's next on LARRY KING LIVE.

(END VIDEO CLIP)

KING: Good evening.

A special edition of LARRY KING LIVE tonight; we're calling the program beyond the power of positive thinking, how to change your life, how to use the power of your imagination, and mine, to create what you want in your life.

Our guests can help you do that. They are Bob Proctor, who went from high school dropout to best-selling author. He spent the last 40 years coaching individuals on how to attain their life ambitions.

John Assaraf, as a teenager John risked the potentially fatal consequences of a turbulent lifestyle which could have easily landed him in jail or the morgue. But today, he's written a "New York Times" best-selling book and built four multimillion dollar companies.

Michael Beckwith, founder and spiritual director of the Agape International Spiritual Center, which celebrates its 20 anniversary this fall.

John DeMartini, the founder of the DeMartini Foundation and the Concourse of Wisdom School, one of the world's largest personal and professional development organizations.

And, JZ Knight, the (INAUDIBLE) member of our group is CEO of JZ K. Inc. and author of her autobiography "A State of Mind."

We'll start with Mr. Proctor. We're calling the show the power of positive thinking. Define that for me.

BOB PROCTOR, BEST-SELLING AUTHOR: Well, there is power to positive thinking if you internalize it. I think there's a lot of misunderstanding on it. People they think if they just think positive the world's going to change.

It's not going to change. What they're going to do is heighten their frustration because they're looking for change and it doesn't happen. We think on our conscious mind, on a conscious level. It's our educated mind but it's the subconscious mind that's controlling the vibration we're in, controlling the results we're getting.

So, if the positive thinking is going to change our life, we've got to internalize those positive thoughts, not the easiest thing to do but you can do it.

KING: How do you harness that, John Assaraf?

JOHN ASSARAF, CO-FOUNDER, ONECOACH: I think you've got to make a decision, Larry, you know. We've got two choices to make with whatever the situation is. Number one, it could be negative or it could be positive. Our choice is what makes the biggest difference in all of the equation is making the choice to look at something positively, even though the negative side is there. I think that's what we have to do.

KING: Michael Beckwith, was Dr. Norman Vincent Peale's famous book, "The Power of Positive Thinking," was that too pedestrian?

REV. MICHAEL BECKWITH, FOUNDER, AGAPE INTERNATIONAL SPIRITUAL CENTER: Well, I didn't read that for a number of years. I entered into this way of teaching because I had a spiritual awakening and began to see that we were surrounded by a presence, an energy, a life force, call it God, call it the divine energy.

KING: He called it God, right?

BECKWITH: Yes. And that through that immersion into that awareness I began to see that, yes, there is power in your thinking but it's not positive thinking. You know you could be positive that you're broke. You can be positive that you're rich.

So it's really, I call it affirmative thinking, having an affirmative realization that the nature of the universe is good and when you surrender to it, when you align yourself with it, when you embody, as Bob Proctor was talking about, as you internalize it, then your life begins to change.

KING: You're saying, John DeMartini that this is doable?

JOHN DEMARTINI, FOUNDER, DEMARTINI FOUNDATION: Not only is it doable but we do it every day because what happens is the quality of our life is based on the quality of the questions we ask and it's not what happens to us on the outside. It's how we ask questions and filter it and perceive it on the inside.

And so, we have an event and we ask how is that event that we think is so terrible, how does it serve us and how does it help us fulfill what is really most important to our life? Then what happens is we transform through the perception of that action into an opportunity that we can now use as a resource for our life.

KING: Where do you learn this, Ms. Knight?

JZ KNIGHT, RAMTHA'S SCHOOL OF ENLIGHTENMENT: I don't subscribe to positive thinking because that would suggest that we're all negative and the connotation of negative is that we're all bad. And it's difficult enough to survive in the world and have self-esteem without thinking that you have to think positive because you're already bad.

KING: What do you call it?

KNIGHT: I call it being wonderful.

KING: What's the law of attraction, Bob?

PROCTOR: The law of attraction is based on the law of vibration. The whole universe operates by laws. Dr. Werhner von Braun said that the laws are so precise that we don't have any difficult building spaceships, sending people to the moon and you can time the landing with the precision of a fraction of a second. But, attraction and vibration are hooked together. The vibration we're in is determined by the ideas that you're emotionally involved with.

KING: And how do you grab that, Michael?

BECKWITH: You need to have a vision for your life. Most of the time people are concentrating on what they don't want to happen. They can articulate it very well. "I hope this never happens to me." And when you ask the average person they don't know exactly what they want. They cannot describe a reality they want to live in.

Now when you begin to describe it and begin to generate those kind of feelings that you're already living in it, the universe will compel you into right action. You'll begin to do things differently.

KING: Dr. DeMartini, does this apply to the law of physics? Are we talking about something that you could look it up in a book?

DEMARTINI: Yes, actually, because what happens just like in the law of life and the law of physics, just like a magnet has two sides and if you try to get rid of one side of the magnet, the negative side, it keeps following you. You always have two sides. So, you have to be able to take both sides and use them to your advantage.

KING: JZ if the day is cloudy or rainy and we're bothered by that we're determining to be bothered by that right?

KNIGHT: Absolutely. Absolutely.

KING: We're making it. If rain ain't doing it, we're doing it.

KNIGHT: We're doing it. We are creating the nature of our reality by what we choose, how we choose to think about our life and the outside world.

KING: Coming up, wouldn't you like to be excited about your day when you wake up instead of being stressed? Find out how to make it possible next.

(BEGIN VIDEO CLIP)

BECKWITH: And from the very being, the nature of your being, you must say "So what?" That's the strongest affirmation that you'll ever hear.

When I was quite young attending college there were two things going on simultaneously. One, I was having a spiritual breakthrough, a spiritual opening while, at the same time, I was ending a career in selling marijuana.

The real miracle of living is when you're no longer intoxicated by praise or depressed by un-appreciation.

And, I just started crying. I just started sobbing and I turned my life over to God, surrendered my life to the universe, surrendered my life to love, to be an instrument to bring about love and harmony and peace, however the presence wanted to use me. My life would be dedicated to that for the rest of my life.

And if you begin to open up through your affirmation so what! You'll begin to move into the consciousness of what's so. So what contains the what so.

There's a dimension of us that has never been hurt, harmed, or endangered in any way and with intention, with practice, with love, prayer, meditation, you can uncover that dimension of your life that has no beginning and has no end and let it shine in this incarnation.

What is so? God has always loved you. What is so? Wholeness is inside of your

being. What is so? Infinite supply surrounds you. What is so? It doesn't matter who's in the White House. Who's in your house? Who's in your house? Who's in your house?

(END VIDEO CLIP)

(COMMERCIAL BREAK)

KING: We're back with this extraordinary panel and we're learning how to make things better in our lives. We can't do better than that for you.

Michael Beckwith, what are some simple steps a person can do to change his or her own life?

BECKWITH: Well, first of all, when we think about what reality is, we think about this unified field of awareness that's everywhere that's operating for us. So, what an individual has to do they have to begin to have an inner talk of uplift, men of inspiration of affirmation, begin to agree with themselves that it can be better.

KING: Every day?

BECKWITH: Every single day. It has to be a practice until that practice becomes a way of life. KING: What do you do though, John Assaraf, about bad events, I mean terrible events, your house burns down?

ASSARAF: Yes. Everything that happens to us we have a choice again of making a decision how we perceive that and how we react to that. And we can have our house burning right in front of us and things could be devastating in front of us but our decision to interpret that is what makes the entire difference and we always have that choice.

KING: That seems, Bob, like a hard thing to learn.

PROCTOR: It is a hard thing to learn. And, I was thinking as John was talking about it, I was taking my mind back to when I was always focused on what was wrong, the bad circumstances they dominated my thinking. It took a long time to change it.

I had Earl Nightingale's record. I played it over and over and over again.

KING: (INAUDIBLE).

PROCTOR: Earl is a good friend. I worked with Earl for five years in Chicago. But it was the repetition of listening to that that changed it. That's how it was programmed in the first place. That's how it can be changed.

I think that JZ was mentioning the secret. There's a movie "The Secret." If a person would keep watching it over and over again they will reprogram their mind.

KNIGHT: But also, if I may interject here, there is a beauty that rises up in us, a greater mind that rises up in it that comes to the surface that is all beauty and originality.

KING: Are you saying you don't have bad days?

KNIGHT: I have bad days if I decide to feel sorry for myself.

BECKWITH: When we begin to think in a particular way it definitely overrides and transcends those genetic...

PROCTOR: Your thoughts.

KNIGHT: Absolutely.

BECKWITH: And to grow in this way simply means that we're eliminating the filters. We're eliminating the obstructions. We're eliminating the faulty beliefs. We're not adding anything to us whatsoever. All spiritual growth and all growth towards success or progress is an elimination of that which is hindering.

ASSARAF: And we are genetically wired a certain way and 50 percent of our propensity is the way we think and behave are genetic in nature. Then we're raised by the same people who gave us their genetics. And so we get conditioned to believe and think and behave consistently day in and day out. We call it a self fulfilling doom that we get into.

And the first part is awareness. The first part is awareness that I don't have to live this way anymore. I don't have to do this anymore. I don't have to think this way anymore and become aware of it. That's number one.

Then you set a new vision for yourself and scientifically just the latest brain research suggests that it takes at least 30 days of mental reprogramming to start seeing the differentiation between your old self and the new self.

KING: John DeMartini, one of the definitions of insanity is repeating the same act expecting a different result. If that's true, first of all, half the globe is insane, right? We all have done that.

DEMARTINI: Or asleep.

KING: Can you break that?

DEMARTINI: Yes. Every human being has a set of values and through those values they filter their reality. Whatever is highest on their value they tend to bring discipline and order to and they tend to focus on them spontaneously, innately.

Whatever is lowest on their value they tend to have chaos around and disorder around. And, if they're trying to set objectives that is not really truly aligned to their highest values, they tend to self defeat because they tend to unconsciously keep creating what's really on their value system. So, when you set objectives, if you don't set them congruently and aligned with your highest values, you tend to self defeat and have negative self talk.

KING: But to change you have to want to change, right?

DEMARTINI: You have to identify and set objectives according to what's truly valuable to you, what's truly inspiring to you, or you're automatically going to have the feedback system called the negative thought I think personally.

PROCTOR: I think all you have to do is become aware that you can change. I didn't think I could change.

KING: What changed you?

PROCTOR: "Think and Grow Rich," the book and Ray Stanford, a guy that got me to read it and he convinced me that I could do better than I was doing. I think I believed in his belief in me. I didn't believe in me. But he was so adamant that I could do better and he said, "Just read the book and do what it says." And I started to read it and that's what led me into Earl's material, one thing to another and I changed.

KING: What did you, Michael, what changed you?

BECKWITH: Well, in terms of change one of my favorite statements is pain pushes you until the vision pulls you. So, you grow in two ways either through pain or through insight.

So, some people will get sick and tired of being sick and tired and begin to make that decision, begin to articulate a vision for their life, begin to walk in that direction.

Others will have insight, an ah-hah will happen to them and they'll see life in a much wider perspective and then from that wider perspective make a decision to begin to walk.

KING: Are we to blame, John, for most of the time for what happens to us?

ASSARAF: Are we to blame? Well, we can blame other people and that's the easy thing to do because we can point the finger.

KING: That rat.

ASSARAF: Yes, we can just blame everybody else. There are certain things that happen to us, Larry, that are inconvenient that we don't like and we can put blame on somebody else or ourselves. I think we've got to take full responsibility for our reality and how we approach anything that happens to us.

BECKWITH: Absolutely.

KNIGHT: I agree.

PROCTOR: I don't think we're to be blamed. We're not to be blamed for our programming but we're responsible for changing it.

BECKWITH: Absolutely. Yes, I don't like to use the word blame. No one is to blame but ignorance.

PROCTOR: That's right.

BECKWITH: Ignorance is the only thing that is to blame. And once you enter into the awareness of forgiveness releasing shame, blame, and regret, you can change your life.

KING: John DeMartini, does it require brains?

DEMARTINI: You know I think...

KING: I mean you have to be smart to do this.

DEMARTINI: I think that it requires awareness.

BECKWITH: Right.

DEMARTINI: But I think the greatest awareness occurs when we're grateful and our heart is open.

KING: Just ahead can you really wish for your soul mate and find him? Our panel knows how to make it happen. They'll share it with us next.

(BEGIN VIDEO CLIP)

PROCTOR: You know when a person has no hope they are lost, absolutely lost. I was losing. I was unhappy. I was sick. I was broke. I think I was earning \$4,000

a year and I owed \$6,000.

For the first time I realized that I had choices. I could choose what I wanted to do. Now it was vague and I didn't have a whole lot of confidence in it but I was starting to know it.

It took me nine years to figure out what I had actually done to change but I found out something interesting. Most people that are highly successful cannot articulate on why they are.

If you don't make the hard decisions you have wasted your time coming here. You know what the decisions are. I don't know what they are for you but you know what they are.

Positive thinking is nothing if you don't internalize it and you don't internalize it once. It's through repetition

It's your life. You only get one bite at the apple. If you don't treat you right, who's going to?

(END VIDEO CLIP)

(COMMERCIAL BREAK)

KING: OK, we'll start with John DeMartini in this. How do you find the true love of your life?

DEMARTINI: Well, I'm going to say something that's probably different than a lot of people. But I really believe that we are actually surrounded by it and it's either in one form, in one person, or we diversified it to a group of people in our lives but every single...

KING: Six soul mates?

DEMARTINI: Our soul mate. Every single thing that we're searching for we unconsciously are creating around us but sometimes if we've had extreme pain associated with a relationship with one person we diversify all the things that we like into people around us.

KING: You've lost your wife, right?

DEMARTINI: Yes, my wife passed away about just under two years ago.

KING: Now are you on a search?

DEMARTINI: Well, it's interesting. Six weeks before she passed away she held

my hand and she looked me straight in the eyes and she said, "It's now time to look for another star woman, another star girl." Her name was Athena Starwoman.

And three weeks after she passed away, I ran into a lovely woman named Star in Las Vegas. She happens to be here today. And, if it wasn't for her saying that, my former wife saying that, I don't think I would have noticed it (INAUDIBLE).

KING: How do you find a soul mate, JZ?

KNIGHT: Well, a soul mate is equal to who we are, so the first thing we have to do is fall in love with ourselves. We have to like who we are. Otherwise, if we don't, we're going to get frequency specific with people in our life that...

KING: Bad choices.

KNIGHT: ...reflect back to ourselves. So, first thing fall in love with yourself. Be to you what you would love to have in another person.

BECKWITH: Absolutely.

KNIGHT: Then that person comes.

KING: Michael.

BECKWITH: What you're looking for you're looking with and so as you begin, as JZ was talking about, to really fall in love with and tap into those qualities of love and caring and generosity and kindness and appreciation you begin to radiate those kind of qualities into your life.

KING: Is it hard, John Assaraf, to get rid of the bad person in your life?

ASSARAF: Is it hard to get rid of the bad person in your life?

KING: Yes, well let's say it isn't working but you hang on.

ASSARAF: It's very, very hard. We get so accustomed to our surroundings and our environment and the relationships that we have. Anytime that that is a part of our life releasing that is very, very difficult. We don't like to change our environment. We don't like to change our environment at work. We don't like to change our environment with our relationships. It's very, very difficult. Anything that we get accustomed to having in our life is very hard to let go of.

KING: We're doing things a little differently here tonight. We do have a studio audience and we're going to take some questions. And we'll start with Lisa, are you there?

LISA: Hi. My question is how does the law of attraction apply to relationships because I can see how you could attract individual goals but it's harder to see how you could visualize a specific person that you want?

KING: Who wants to grab that, John?

PROCTOR: You shouldn't put a face on the person. See yourself with all -- with the person with all those qualities. You're going to move into that vibration and you'll attract them.

ASSARAF: I think it's important to understand, Larry, that, you know, if we go back to the premise that all we are is energy and that we will attract everything that we resonate with, so if we are focusing on what we want in the person with all the attributes and what he or she has and we believe with our whole heart and soul that that person will be found and we allow the universe to do its part while we, as JZ said, become that person filled with love and beauty that we are, we will attract that person.

KING: Michael.

BECKWITH: I think it's clear, Lisa, also we have to define what relationship is. And relationship is a joint participation in the good of life or in the good of God. So, you're not going into a relationship to get something from someone.

You're going into a relationship to be more yourself so that you're with somebody this is the individual in which you get to -- you feel comfortable being loving, giving, sharing, kind and forgiving. But if you think you're going to get something from the relationship, you're setting up a resistance there already.

KING: Why do we choose often, Bob, the wrong person?

PROCTOR: I think it goes back to what JZ said. We don't know who we are.

KNIGHT: We don't know who we are.

PROCTOR: And we're searching for something outside of ourselves so we see someone and think she's pretty. He does this, you know. And so, you know, we're looking to get something there. It's like Michael said, it's not what you get.

It really comes back, what Stanford taught me he said, "Get to know who you are." And he said, "And start to understand yourself and take control over your life. And until you do that, nothing is going to work right."

ASSARAF: It's also -- sorry, Michael. It's also a function of our self image of ourselves so we have an image, an unconscious image of who we are, what we

believe we can attract, what we deserve, and we will look for that match in our life as long as we don't change the internal image in our own mind, nothing will change.

KING: When we come back, I'll reintroduce the panel.

And, what if you wish for a million bucks, will you get it? Find out when LARRY KING LIVE returns.

(BEGIN VIDEO CLIP)

ASSARAF: Your past results, OK, do not, do not represent what you're capable of achieving. Well, from the age of 13 to about 19, I was involved with a group of kids that spent a lot of time on the streets. And what I really wanted to do was make money. I came from a family who had wonderful love and wonderful environment but money wasn't something that my family knew how to make and I wanted to live a better life.

And, I really took myself to educating myself about what does it really take to make money? What does it take to build a company? What does it take to have a great life? And fortunately for me when I was 19, I found some wonderful mentors who asked me some great questions.

And so if you don't believe in your -- if you really, really, really don't believe in your product or service, stop doing it. Stop telling yourself a story that you've got to do it just because I need the money. I need something to make an income.

And part of me believed them because they always told me that if you didn't go to school, if you didn't get a degree, you couldn't get a job. You couldn't take care of your family. So, there was something that was nagging at me my whole life was, you know, that's what people that I respected told me, not my parents fortunately but everybody else said that.

To win in the game of life you've got to focus on winning the game of life.

(END VIDEO CLIP)

(COMMERCIAL BREAK)

KING: Our panel is Bob Proctor, John Assaraf, Michael Beckwith, John DeMartini, and JZ Knight. JZ, you say you treat the universe as a shopping cart and all you got to do is ask.

KNIGHT: I teach people that.

KING: Ask for \$1 million and you get it?

KNIGHT: Well, what I teach people is, is that money comes as a result of ingenious thoughts, creativity, because we're born creators, and that when we create our day and we start out with our day and say, "This day I will access information about the future, technology and genius." And during that day great thoughts come that start you on a journey of creating something of value that as a consequence of that you get paid for it.

KING: Money follows.

KNIGHT: Absolutely.

KING: "Time" magazine had an article, "Does God Want you to be Rich?" For several decades a philosophy has been percolating in the 10 million strong Pentecostal wing of Christianity that seems to turn the gospels on its head. In a nutshell, it suggest that God who loves you does not want you to be broke. It's been propelled by Joel Osteen's four million selling book, "Your Best Life Now." Does he want you to be rich?

DEMARTINI: Absolutely.

BECKWITH: Absolutely.

PROCTOR: Absolutely.

KNIGHT: Absolutely.

(CROSSTALK)

ASSARAF: But most people don't understand...

KING: What does God care?

KNIGHT: But what isn't God?

KING: Why does God care if you've got \$10 or \$100.

KNIGHT: Isn't that small? Isn't that cheap?

ASSARAF: I think God cares because we work with business owners...

KING: Just asking.

ASSARAF: Larry, we work with business owners all over the world. That's what we do. And the first thing we tell them is, if you could figure out how to serve another human being, if you could figure out how to give them your product or

your service, and figure out how to get that to the masses and serve them and do well for them, you'll be rewarded with riches. Why wouldn't God want every human being to be serve another?

PROCTOR: See, the possession of money is so ridiculously out of balance. One percent of the population has about 96 percent of all the money. We go through school, no one teaches us how to earn money. We don't learn at home. And we grow up with the idea you go to work to earn money. Working is the worst way to earn money. You should go to work for satisfaction. You provide services to earn money. You do. Wealthy people all have multiple sources of income.

BECKWITH: The way I look at it is like this. We're here to deliver our gifts, our talents and our capacities, and develop ourself to our fullest potential and express ourself. Now, the universe, the power, the presence, the love of God, whatever you want to call this presence, wants your structures stable so that God can express more through you.

KING: Another question from the audience from Kelsey -- Kelsey.

KELSEY: I love where I work. But I live within my means. However, each month I'm living seemingly paycheck to paycheck. How do I value what I earn, versus the satisfaction I get from working at a career that I'm passionate about?

PROCTOR: I don't think you should mix them up. You're looking at your job as where you get your money. Your job is where you get your satisfaction. Set up different ways of serving people where you can earn money. You don't have to be there. You can earn it while you're sleeping.

ASSARAF: You also can't look at your present circumstances and allow it to control your thinking, because then you're going to create more of the same circumstances. You've got to get out of that loop and ask yourself, what I do really want to do, and then follow that.

KING: John, I came into my office today upstairs, on my door was a vision board.

ASSARAF: We saw it.

KING: It had the kids, it had the wife, it had the job, the palm trees for retirement. Forget the palm trees. OK.

And do you -- what are vision boards? I understand you have a story about this, about the visualization.

ASSARAF: I do.

Many years ago, I looked at another way to represent some of the materialistic things I wanted to achieve in my life, whether it was a car or a house or anything.

And so I started cutting out pictures of things that I wanted. And I put those vision boards up. And every day for probably about just two to three minutes, I would sit in my desk and I would look at my board and I'd close my eyes. And I'd see myself having the dream car and the dream home and the money in the bank that I wanted and the money that I wanted to have for charity.

Five years later, my one son Keenan (ph) came up to my office and he sat on the boxes and said, you know, Daddy, what's in the boxes? And I said, they're my vision boards, and they've been in those boxes for five years. And so he didn't understand. So I pulled out one of the vision boards, after opening up the box, and there was a nice car and another little trinket that I wanted to buy. And when I opened up, or pulled out the second vision board, there was a picture of the home that I was living in right now, that I had been living in for a year, had renovated it, and didn't even know -- I swear to...

PROCTOR: He phoned me. He phoned me within two or three minutes of that. I saw it on the board.

ASSARAF: The house that I live in.

UNIDENTIFIED FEMALE: We teach to do that, draw on a piece of card what it is you want to manifest, and simply look at it and be present with it. That's called creating a time trial to the future.

DEMARTINI: Our innermost dominant thought becomes our outermost tangible reality. When I was 17 years old, I almost died. I lived on the North Shore of Oahu in a tent. And I had the opportunity to meet Paul Brag (ph), who's an amazing teacher who's 93 years old. And he told me to write down my dreams -- not only for myself, but my family, my community, my city, my state, my nation, and my world -- and write it for at least 100 years. Today, all of these years, 34 years, I've been master planning my life and one of the things that I actually dreamed of doing is sitting here facing you, saying what I'm about to say. So I know that it works.

KING: If one of you have a vision board with my picture on it, I'll go to break.

Still ahead, can you make yourself healthy or just stop smoking just by thinking about it? Find out more after this break.

DEMARTINI: One day leaving this health food store, I saw a little flyer on a door, special guest -- guest speaker, Paul C. Brag, Sunset Recreation Hall, North Shore of Oahu.

(BEGIN VIDEO CLIP)

DEMARTINI: The quality of your life is based on the quality of the questions you

ask. And ask questions inside, pull them out of you. What do you really love to create in your life?

(END VIDEO CLIP)

DEMARTINI: And that night, I don't know how to describe it, it's just something came over me and I said, I know what I want to do. I want to become like this gentleman. I want to travel the world. I want to dedicate my life to the study of universal laws, as he was talking about, and I want to become a great teacher and philosopher, and step foot in every country on the face of the earth and share my research findings with people.

(BEGIN VIDEO CLIP)

DEMARTINI: Because if you don't plant the flowers in the garden of your mind, everybody, you're going to be pulling weeds out from everybody else's.

(END VIDEO CLIP)

DEMARTINI: And he said to me, every single day from the rest of your life, say I am a genius and I apply my wisdom. Now here I sat there, I'm a genius, I'm thinking, there's no way I'm a genius. So I said it over and over again. And he made me say it until I had my eyes closed and my body was congruent with it. And he patted me on the shoulder and says, you never miss a day for the rest of your life.

And that was the beginning of a journey of teaching, healing and philosophy. I went on to be a scholar in school, I went premed honor. I ended up being a chiropractic because I love the power and philosophy of chiropractic. And it was just the most amazing thing, because it believes the power inside us is what heals

(BEGIN VIDEO CLIP)

DEMARTINI: If you're going through life and you want to create an amazing life, you better have a vision that far exceeds that. You want perpetuity, you want a foundation that goes beyond it, you want a vision that goes beyond it. There is an immortal calling in all of us to do something magnificent with our life, that's way bigger than our mortal body can see.

(END VIDEO CLIP)

(COMMERCIAL BREAK)

KING: We're back.

J.Z., can you remove an illness just by thinking about it?

KNIGHT: Yes. I was a heavy smoker, and I was developing emphysema. Most women like to smoke, most people that I knew did. And I went and got a CAT scan, and when I saw the CAT scan of what my lungs were doing, I knew I wasn't going to be alive very much longer.

And so I simply said, I'm going to go live somewhere in my brain where I have always been well. And in that moment, I simply moved what I am to a different neuronet in my brain.

KING: How, Michael, do we form the habits we have?

BECKWITH: Just doing something over and over and over again, oftentimes unconsciously.

KING: But why would we do it, even if we don't like it?

BECKWITH: Well, it goes back to what we were saying at the earlier part of the show. You have genetic programming and then you an environmental influence. So you end up copying what you see around you.

DEMARTINI: And many times the very thing we're doing that we're trying to get rid of, unconsciously, we have associations of benefits. We underlying benefits that we're actually...

KING: How about those thing, though, Bob, like, drug addiction?

PROCTOR: Well, drug addiction is -- it's a habit. And it can be changed. No, it can be changed. Many people change it.

KING: A habit that becomes a need.

PROCTOR: Millions of people change it, so it can be done. Millions don't but there is millions that...

BECKWITH: Individuals that are addicted oftentimes are looking for something that they're finding temporarily, in a counterfeit way, through that drug or through that momentary high. And your brain can produce that without the drug.

PROCTOR: See, I think the problem goes back -- we don't know ourself. We can go right through our educational system, the best schools in the world, and come out and know virtually nothing about ourself.

ASSARAF: There's really two parts of our brain, One is the conscious mind,, which we now know is only responsible for only two to four percent of our

behaviors. So we could have the desire, the want, the need, the passion for change, but there's another side of our psyche, the nonconscious mind, that we now know controls 96 to 98 percent of our conditioned way of doing, being, seeing and behaving every single day.

So you can have the desire, but you this program running at a nonconscious level that's going to keep you at your status quo, whether you're a drug addict, whether you're broke. That's why most people, Larry, who win the Lottery, for example, 86 percent of them give away all the money, is because they are conditioned at a nonconscious level to be broke. Their self-image and their self-worth is going to dictate their self-wealth. And that, by the way, I heard from this great guy, John DeMartini. He's absolutely right.

PROCTOR: If we're coaching people to change, we have them in a 13 month program.

KING: Does rehab work?

DEMARTINI: It all depends. I go back to the value system because the hierarchy of one's values dictates their destiny. And so if they have an unconscious motive and unconscious value to continue doing something, all the comments to them really don't mean anything. They have to have an unconscious drive to accomplish what they want to do.

And so what I do, and I have people that are so-called label addicts, I go in there and ask them all the benefits that they're getting out of it and bring the unconscious conscious first. And when they discover 100 benefits that they're unconsciously getting out of being the drug addict, it blows their mind to realize why they're really doing what they're doing.

KING: Michael, what causes relapse?

BECKWITH: Exactly what he's saying here. The benefits, the temporary benefits of getting that momentary high. They haven't yet seen themselves...

KING: You miss it, so you want it?

BECKWITH: They're craving, the body, the mind, the chemicals that are being produced. They don't quite understand that those chemicals, those endorphins can be produced from a sense of connection.

KING: But we're in a drug conscious society. Look at all of the legal drugs to stop your pain, make you feel better, do this, do that.

ASSARAF: Absolutely.

DEMARTINI: A pill for every ill. KING: A pill for every ill.

ASSARAF: We've got the best pharmacy in the world, right here, in our brain.

KNIGHT: It's true.

ASSARAF: No pharmacy can compare with the human mind.

PROCTOR: There's a genius system built within us to keep us in excellent working order if we were to understand it. Understanding is the key.

ASSARAF: We become addicted to the emotions.

KNIGHT: We are addicted to our emotions. That's the greatest addiction there is.

PROCTOR: You did your show a little while ago. I was watching where you had the fellow on that took Proverbs over 31 days.

KING: Yes, Solomon.

PROCTOR: Yes, well. What did Solomon say? He said, in all your getting, get understanding. And the opposite of understanding is doubt and worry. The only way to get understanding is to study, there's no other way to get it.

KING: We'll be right back. And just ahead, what are you doing that prevents your own happiness?

Don't go away.

KNIGHT: So I sort of grew up and I -- knowing every day that if I prayed to God, that everything that I asked for would always get taken care of. I just thought everybody did. As I grew into a mature woman and got married and had children, I just went on my destiny knowing that there was something big could happen in my life.

(BEGIN VIDEO CLIP)

KNIGHT: This day I love God. This day, the wisdom and love of God shines through me. It is my reality. I say that all of the time.

(END VIDEO CLIP)

KNIGHT: All these years, it has been to help people to understand, first off, that they're divine, the capacity is inside of them to do marvelous things, are innate in them, that things that happen to them, it is not things happening to them, but the source leaking out of them.

(BEGIN VIDEO CLIP)

KNIGHT: All of this, is spiritual because spirit is thought. It's the intangible ghost of reality that reality comes from. (END VIDEO CLIP)

KNIGHT: And in creating your day, the first thing you have to say is, that I'm wonderful, I'm filled with wonder. I am my greatest mystery. And this day what I say will manifest and I will experience the wonder of myself.

(COMMERCIAL BREAK)

KING: We're back.

What a show tonight. We promise to do more on this.

Let's take another question from our audience. And start with Valerie.

VALERIE: Hi. I'm self-employed and staying focussed and clear-headed about all my goals, both professionally and personally, can be really challenging. What's your advice for staying positive and patient with so much uncertainty in my professional life?

BECKWITH: It comes down to your practice. Everything that we've talked about here, it comes down to the word practice, that you begin to develop the habit of doing something every single day in your life. Describe your life and how it's going to be. Begin to tell yourself that life is for you and not against you. Begin to be aware that there's something trying to emerge through you right now.

Since you are an infinite being and you're here to progress, there is always something trying to emerge for you right now. So you're not sitting around waiting for the New Age. You're on the new edge. Something is trying to happen.

KNIGHT: And you're wonderful. And everything that you think matters. So you're worries matter. So what you have to do, you have to get up, first thing in the morning and create your day, and say this day, I'm a genius. Not only am I a genius, I create a new reality that is fulfilling and without worry. All day long.

BECKWITH: Practice.

KING: OK, another audience question. And this one is from Bonnie.

BONNIE: I'd like to know how do you change a negative perception of an aging body and mind into a positive acceptance of the same age and body and mind?

KING: You are what you feel?

DEMARTINI: Well, you know, I think we're blessed because as we mature, our eyesight tends to get a little bit weakened and our hearing tends to go. So I think what the universe has done is make sure that we can't see what we see in the mirror. So the best thing to do is honor your sight as it starts to fade and you can appreciate what it does. No, but every single day it is wise to concentrate on what you do love about yourself, instead of focussing on what you don't.

KNIGHT: May I ask you tomorrow morning, if you want to be 30 years younger, your genes, here everything you say...

BECKWITH: Absolutely.

KNIGHT: ... you have a code for your entire attitude. When you wake up in the morning and decide, today, I am going to be 30 years younger and fabulous. And if you do that, you start creating proteins in your self that replicates that attitude.

KING: Wow.

PROCTOR: Quakers have a saying, pray and move your feet. I think what you've got to do is get out and exercise. I went over to a gym, a guy named Eli Palmer (ph), he took a look at me and he said, you're just going keep getting bigger and bigger and bigger around the waist. And I started to work with the guy, get up at 5:00 in the morning, I'm in the gym at 6:00 in the morning and work for an hour. I taken three inches off my waist.

KING: You're all saying happiness is attainable?

PROCTOR: Absolutely.

BECKWITH: Happiness is the natural state of our being.

KNIGHT: It is a natural state of being, without fear. Without fear.

(CROSSTALK)

ASSARAF: It's not condition based.

DEMARTINI: I think when we're authentic with our true values, we have fulfillment.

KING: One more audience question from Bernie -- Bernie.

BERNIE: Hi.

What is the best way to retain a positive attitude while investing in a volatile stock

market?

PROCTOR: Quit investing in the volatile stock market.

KING: Don't do it.

PROCTOR: And don't do it. Change your behavior.

ASSARAF: Even if you're investing in a volatile stock market, you've got to keep one thing in mind, and that's not the stock market. It's your perception of the stock market. There are people who invest in volatile stock markets that don't get affected emotionally by it. BERNIE: Right.

ASSARAF: And so if they don't get emotionally affected by it, then it's not the stock market. It's the individual's perception of the stock market. So when you change the way you look at something, the thing you look at will change.

KNIGHT: Remember, you create reality. You have it in you. Consciousness and energy creates reality. What you think matters. Your opinions help to affect the whole and your eventual outcome in reality.

DEMARTINI: If the stock market goes up, you're paying more dollar per stock share. If it goes down, you're getting it for less. So there's blessings on either side. Knowing that both of them are valuable and staying long-term with it.

KING: I got to get a break.

But Michael, do affirmations work?

BECKWITH: Affirmations definitely work. They help you keep your attention, allowing that kind of energy to flow. They're not going to make something happen, but they make something welcome.

KING: Ahead in our final segment, how you can jumpstart your new life. Stick around for more of LARRY KING LIVE.

(COMMERCIAL BREAK)

KING: We're back with our final moments with our outstanding panel. We're going to do more of this and we just brought up a good topic.

I just said the air conditioner's not working in here.

BECKWITH: And now it is.

KING: And that bothers me. And you said, live with it. Right?

BECKWITH: No, I said I'm cool. And now it's working.

KNIGHT: We know how to create a reality.

KING: You just got cool.

KNIGHT: Come to class, Larry.

(CROSSTALK)

KING: You've all written books, right?

KNIGHT: Yes.

KING: Is that the best way for anyone watching to jumpstart, read one of the books? I mean, what is -- how do we... PROCTOR: I think the best way to start is get a CD or a DVD and play it over and over and over again.

KING: By one of you?

PROCTOR: Well, the best one -- the best thing I have seen in 45 years, Larry, is the DVD "On the Secret". To get it, go to thesecret.tv. It was made out of Australia. It is the best thing I have ever seen done in this industry.

KNIGHT: I think you would be very simple -- everybody gets up and says, what kind of life I do want from this day forward? And I'm going to write it down and I'm going to say this is who I am.

BECKWITH: Absolutely.

KNIGHT: To say, this is who I am. And negotiate your day through what you said. That's how you start.

ASSARAF: If anybody wants to have more, whether it's a business, whether it's more money, they have to become more. And the only way to do that, OK, first is to educate yourself. And our society has gotten lost in teaching children how to memorize. Education is when we learn something, we get instructions on how to do something, and then we experience it. That's really the education that we want. And so that for me is pick a lane, pick something that you can choose, to move your life forward to the next level.

PROCTOR: There is three of us, Dr. Martini, Michael Beckwith and myself, are going to working together next week -- is it two weeks -- at PSI Seminars. I don't own the company, but it is the best course I've ever seen. And it is all up and down the West Coast, it's in different parts of the world.

KNIGHT: Our course is the best course I've ever seen.

PROCTOR: Well, I think the program that...

DEMARTINI: All of our courses are outstanding.

KNIGHT: All of our courses are fabulous.

DEMARTINI: My mother said to me, when she was putting me to bed when I was four years old, she said, son, before you go in the dream world, be sure to count your blessings, because those who are grateful for that they have, they get more to be grateful for. And I always say that that's the best way to start each day and end this day is in the state of gratitude.

BECKWITH: I'd like to say something about that. I absolutely agree that it's so powerful. The enlightened give thanks for what most people take for granted.

As you begin to be grateful for what most people take for granted, that vibration of gratitude makes you more receptive to good in your life.

KING: J.Z., isn't change the hardest and most feared thing we do?

KNIGHT: It is the most feared thing that we do because we're afraid of reprisal as a result of it. But change is a natural order of our being. We are creating reality every day. We're here to make known the unknown. It is innate in us, it's a part of our mechanism, it's a part of how our brain works. It's what we do best, but it's in a society that doesn't celebrate that.

PROCTOR: And change is inevitable, but personal growth is choice.

(CROSSTALK)

BECKWITH: But we are here to change. We are here to grow, develop and unfold. We are progressive beings that have infinite capacity.

KING: But we all fear it.

(CROSSTALK)

BECKWITH: We do until embrace the fact that we are here to grow. So that you say, how you to jumpstart? You wake up every day and you want to be different at the end of the day. You don't want to be the same person you go to bed at night. You want to have had an insight and a haha, you want to have done a new action. You would have said something new, so that you want to see yourself changing and becoming more yourself on a regular basis.

DEMARTINI: I was -- I had the opportunity to speak for Mary Kay Ash (ph) many years ago. And I had the opportunity to interview and chat with her afterwards. And I said, Mary, if there's any advice you could give me -- I was in my 20s at the time -- for me in my life, what with a you say?

And she said every single morning before you get and start your day, to sit down and write down the seven highest priority actions you could do today, because whoever sets the agenda brings the destiny about. And I started doing that. And I started compiling a list of the things that were truly important to me. And I noticed I increased the probability of those happening in my life just because I concentrated and I took...

KNIGHT: And we do them every day. We do that every day. I do that every morning.

DEMARTINI: At the end of the day, be grate grateful for all the different things that you accomplished. Those two things make a huge difference.

(CROSSTALK)

PROCTOR: ... taught me the same thing. He said six things, same concept.

BECKWITH: Awareness. Awareness. Choice is a function of awareness. And he's just described how you build your awareness.

KING: You have been an outstanding panel. I hope to do this again. I learned a lot of secrets about life here tonight. We hope everybody takes advantage of them.

Our guests have been Bob Proctor, John Assaraf, Michael Beckwith, John Demartini and J.Z. Knight.

And our subject has been "Beyond the Power of Positive Thinking: How to Change Your Life".

We hope we've helped you.

Anderson Cooper is the host of -- "AC 360" is next.

Good night.

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