

# The art of changing your mind and your life

Interview with Dr. Joe Dispenza, from the hit movie *What the Bleep do We Know!?*

## PART 1 Choosing Change

Pamela Becker

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**R**ecognizing that you want to be a different person is the pre-requisite for change. Dr. Joe Dispenza explains with scientific clarity why there are three stages to changing one's life and all three must be authentically addressed in order to manifest authentic change. The three stages; *thinking, doing* and *being*, are described in detail in his book *Evolve Your Brain, the Science of Changing your Mind*. One of the reasons his teachings are so valuable is that Dr. Joe walks his talk.

At age 26, Dr. Joe's vibrant physical life as he knew it came to a near complete halt when, while riding a bicycle in a triathlon, he was hit by a Ford Bronco going 55 mph.

This was his personal initiation into *doing* by connecting with a higher intelligence and actually putting into practice for himself the meditation that evolved into what he now calls *mental rehearsal*. After being told by his doctors he would never walk again without undergoing a very painful and risky metal rod procedure on his broken spine, he declined the surgery and began the process of recreating himself- one vertebrae at a time.

His vigilant daily *mental rehearsal* was to visualize his spine whole and healthy, and to gain an understanding of his mind. He surrendered his healing to the innately intelligent field that makes the body and heals the body, which is right now producing 100,000 chemical reactions every second in your 100 trillion cells.

Ten and a half weeks later, he was back in practice at his clinic

seeing patients, and manifesting within him the field of infinite potential and experiential transformation.

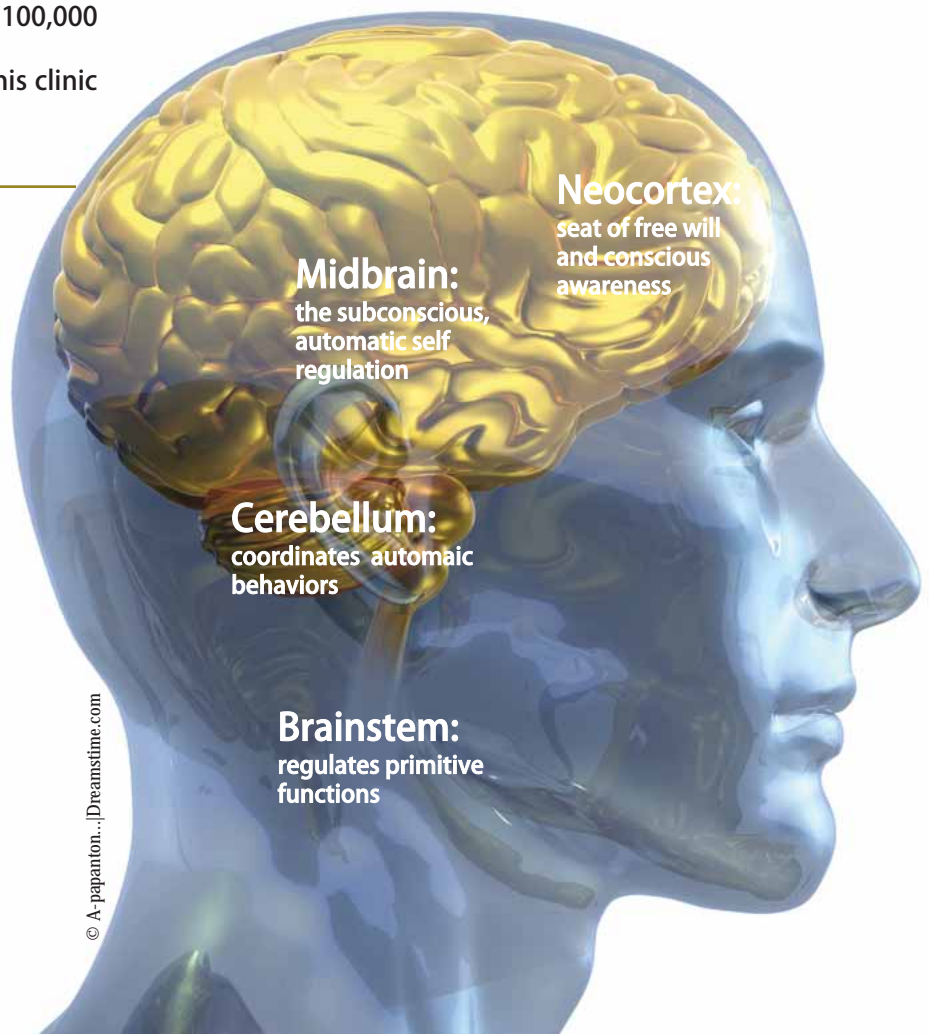
Dr. Joe describes mind as brain in action. The brain has neuro-plasticity and is, therefore, uniquely programmable. We can see this easily enough in our day-to-day response to stress. Do we have repetitive reactions to stress- thus repeating the old routine? If one wants more options, greater memory, speed or hardware, one has to upgrade the system and reboot.

Dr. Joe Dispenza taught us to "Create Our Day" in the hit movie *What the Bleep do We Know!?*, by stretching our minds around a much larger possibility of individual and global human potential. He is a charismatic Doctor of chiropractic and brain researcher with a unique ability to verbally explain very complicated body/mind science in a practical down to earth manner. His energy and focused dedication keeps him traveling worldwide, teaching and urging people to make positive change in their lives. Understanding, he explains, is the doorway to growth, change and expansion of the mind.

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**Four Corners:** Dr. Joe, your work is about change- change your mind, change your brain, change your life. It is obvious that we must become aware of and admit to who we are first before we can change. Is there a minimum level of consciousness required to step forward to evolve your brain?

**Joe Dispenza:** Let's demystify change and consciousness. Consciousness is self-awareness or noticing. The first step to truly changing is to become self-aware. Because of the size of our frontal lobe and the way our brains work, the idea of being able to observe how we think, act and feel, a concept called *metacognition*, allows us to be aware. The moment we are observing the self in our behaviors, attitudes and emotions, we're no longer the *program*. Then consciousness witnesses the brain. Its separation from the organism allows us to detach from our physiology, begging the question, "who's doing the observing?" That *who* is who you *really* are is. So, we can say consciousness is what causes brain activity, which produces [the] mind. So in order



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to change, we have to first become aware.

Consciousness is connected to our conscience. That is what allows us to want to modify our behaviors and do a better job in life. We all secretly believe we can do a better job. We secretly believe in our potential or greatness. What then, are the difficulties in activating change? One of them is the distraction of the environment. People, things and circumstances in our life cause us to react in familiar ways. As we think in familiar ways, we literally hardwire our brains to the environment, relationships, circumstances and conditions. Chemically, we memorize and become addicted to these conditions. To change is to think and act greater than our environment and the conditions of our life, and to be able to maintain that modified state of being independent of circumstances. Now that takes a super-consciousness or super-awareness.

**FC:** Who or what within us is actually choosing this change?

**JD:** The being that includes mind, body, soul and all the elements of this operational system we call being human: spirit, body, brain and mind. Mind is all of that. We are all of that.

**FC:** If it isn't ego (which certainly doesn't want change) and it isn't higher intelligence (which is wholeness itself), are we accessing the unknown?

**JD:** It is the soul that drives us intuitively towards wanting to learn, change and do a better job in life.

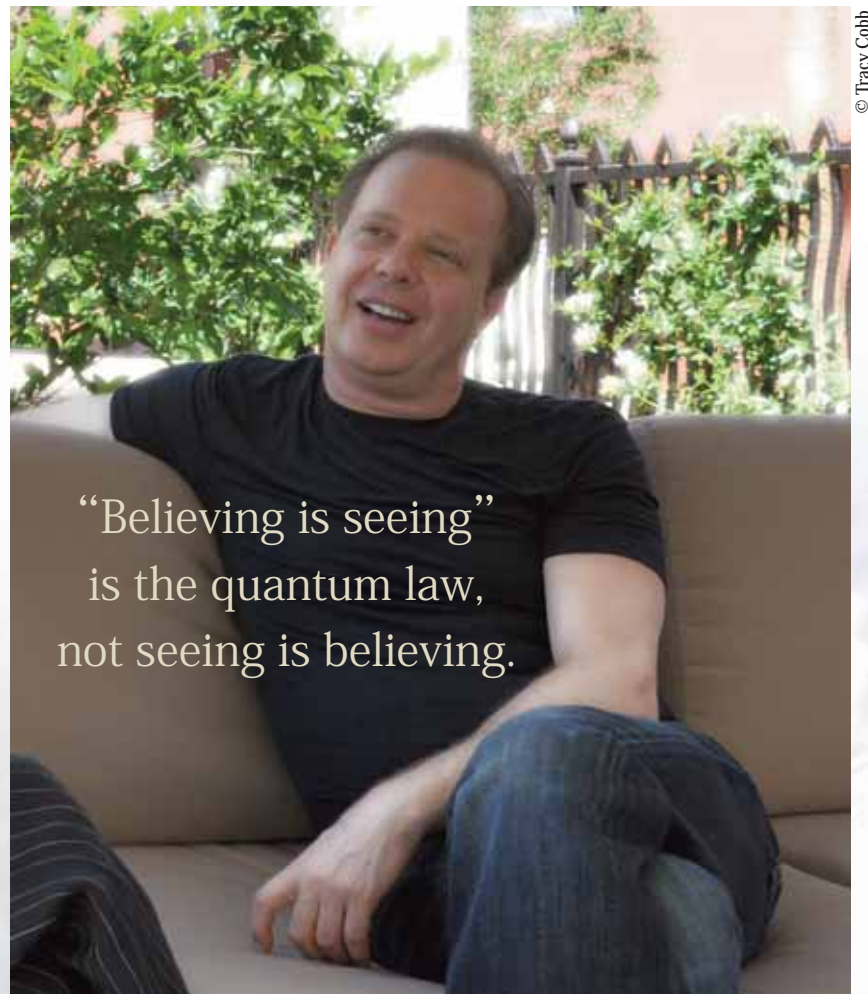
The unknown is the adventure in life. If you're clinging to the familiar and saying you want the unknown, but afraid to let go to have the unknown- that is one of the biggest paradoxes most of us suffer from. You can't jump the chasm in two jumps. It has to be one leap. You have to let go and trust. That trusting process is the opposite of the survival mechanism that keeps us clinging to the familiar and running from the unknown- because genetically that's how organisms have survived. A person in survival and stress is always going to do the same things- the familiar and predictable.

Change is thinking and acting greater than the environment, but it is also thinking greater than how we feel. The redundancy of thinking and feeling, feeling and thinking creates a *state of being*. We memorize emotional states by that cycle. If we can't think greater than how we feel, our feelings become the means of thinking- and we'll never change. Then the body gets the signal and memorizes the emotion, and sends the chemistry back to the brain. We get caught in this feedback loop between brain and body and we say: "I am insecure, I am afraid, I am anxious". Then when the person addresses their ability or interest in change, they weigh their feelings against the unknown and they realize they can't think or act greater than how they feel. So change is to think greater than how we feel, greater than the environment, greater than our body, and lastly greater than time. In other words, you have to be able to be so present in the moment that there is no-time in who you are *being* as this new individual. You have to be able to maintain this state of mind and body until it becomes the new familiar. Now you have transcended old time.

**FC:** You prioritize receiving feedback to determine one's level of change. Are we limited by our filters of perception? How can one trust that one is reading the bio-feedback correctly?

**JD:** A noble question. In the beginning, because our mind is chaotic, it has been conditioned from the environment to be over-stimulated by people, things, technology, experiences and time. We begin to lose the ability to integrate meaning from the environment and that overwhelming state disrupts the organism and creates anxiety, depression and cyclic mood swings.

If we begin to make time for our precious self, and ask important questions like, "What do I want? What do I want to change about myself? What is a better ideal of myself? How can I love myself more?"



Dr. Joe Dispenza speaks to Pamela Becker after his seminar at the Montelucia Resort in Scottsdale.

Where do I fall from grace and why? What are the emotions I have memorized, feel every day, and want to change?" When you start asking these questions, you begin the process of introspection and contemplation. That is the building process of neural structures in the brain- it makes the brain begin to work in new sequences, patterns and combinations. Now we are putting the struts together for a new mind. Then we begin to concept ourselves actively *being* that- we memorize both neurological mind and physiological chemistry- and we are thinking and feeling differently! It takes a conscious effort to be able to surrender that change to that greater mind, the infinite quantum field, and be able to look forward to something unusual showing up as a result of our intentional efforts.

**FC:** How do we recognize this change when it appears?

**JD:** Normally it is just like they say in Groundhog Day, anything different is good!

If you are thinking about going to a new job, having a new relationship, or anything you want in your life to be happy and free- the signals that start to come from the field are small at first. You notice them because they come in unusual ways and stop you for a second, and you pay attention. Change demystified is as natural as gravity, but we block it by our own insistence that we are so special that it can't happen to us! The tragedy is when freewill comes in and keeps the new experience from us. The new mind is trying to be us, we just have to get out of the way to let it happen. So flow through your life and live as if your prayers were already answered. You can't be stressed, you can't be in survival if you do this. You can trust the outcome. As new events start happening, you notice what you did inside to produce the sum effect outside.

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