

Evolve your Brain, The Science of Changing your Mind ~ Part I

Contributed by Dr Joe Dispenza

"Every day I wake up and create my day." Dr. Joe Dispenza D.C. from the film "What the BLEEP Do We Know!?"

Dr. Joe Dispenza is an international speaker, chiropractor, bio-chemist and author whose work at the cutting edge of science explores the close relationship between the brain and the body, the roles that the different functions of the brain play in affecting physical health and disease, and the ways in which the human brain can be used to affect reality through the mastery of thought. The premise of his work is founded in his total conviction that every person on this planet has within them, the latent potential of greatness and true unlimited abilities.

At age 23 during a triathlon, Dr. Dispenza was knocked from his bike by a car, causing multiple fractures to his vertebrae. Several doctors said his only hope of walking again was to fuse some of the vertebrae in an operation that would leave him with a lifetime of pain and limited mobility. But, as a chiropractor, he knew enough about spinal health and his own post-accident physical state to take a remarkable risk. He refused the operation and, along with a careful therapeutic program, Dr. Dispenza literally thought his way to healing. Three months later, he was able to walk and function as well as he had before the accident. He credits a large amount of that recovery to the power of his own mind. This incredible experience spurred him on to learn more about this most important tool that we all have, the brain, exploring the interconnectedness of the brain, the mind, the body, and consciousness and he now delivers these teachings internationally through his books and seminars. He explains how the brain evolves by learning new skills, developing the ability to concentrate in the midst of chaos, and even healing the body and the psyche. He connects the subjects of thought and consciousness with the brain, the mind, and the body, and explores "the biology of change"; That is, when we truly change our mind, there is a physical evidence of change in the brain. While helping you take control of your mind, he explains how thoughts can create chemical reactions that keep you addicted to patterns and feelings, including ones that make you unhappy. And when you know how these bad habits are created, it's possible to not only break these patterns, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over.

"Every one of us actually mentally rehearses all of the time. The problem is that we constantly rehearse the same thoughts and therefore produce the same frame of mind everyday. To produce that same mind state everyday only reinforces the same brain circuits. For example, if you were to sit down and rehearse who you're going to be during the day, you would have to ask yourself a question similar to this every morning: 'What is the greatest ideal of myself that I can demonstrate today, that I want to actually live as today? And if I can actually live this way, and that's my mind, then I would have to be different that I have been yesterday. If I can therefore, think, act and be equal to who I rehearse myself as being, then there should be some reflection in my world as a result of my changing mind because quantum physics says that the observer creates reality. So if I accept that I've created a new mind, and I can maintain that new mind all day long, something unusual should happen in my day as a result of my new state of being.'" --Joe Dispenza, D.C.

In his research into spontaneous remissions, Dr. Dispenza has found similarities in people who have experienced so-called miraculous healings, showing that they have actually changed their mind, which then changed their health. Many of us learned in school that once we become adults, the brain is static and rigid. How much potential do we have to change our brain? "Those of us who went to school 20 or 30 years ago were taught that the brain is hardwired, meaning that by the time we're adults, we have a certain number of brain cells that are arranged in fixed patterns or neural circuits, and that as we get older, we lose some of those circuits. We thought that we would inevitably turn out like our parents in many ways, because we could only use the same neural patterns that we genetically inherited from them. Neuroscientists now say that was a mistake. The great news is, each of us is a work in progress, throughout our life. Every time we have a thought, different areas of our brain surge with electrical current and release a mob of neurochemicals that are too numerous to name. Thanks to functional brain scanning technology, we can now see that our every thought and experience causes our brain cells, or neurons, to connect and disconnect in ever-changing patterns and sequences. In fact, we have a natural ability called neuroplasticity, which means that as we learn new knowledge and have new experiences; we can develop new networks or circuits of neurons, and literally change our mind." So, why is it hard for us to change? "In my practice as well as my personal life, I have seen that change isn't easy. When people want to commit to a goal, they start out with good intentions and ideas, but quite often they go back to their unwanted habits. The concept of change means that we are going to do something differently within the same environment; we're not going to respond to our environment with our customary thoughts and reactions. That, however, is easier said than done. Many of us tend to think the same thoughts, have the same feelings, and follow the same routines in our life. The rub is, this causes us to keep using the same patterns and combinations of neural circuits in our brain, and they tend to become hardwired. This is how we create habits of thinking, feeling, and doing. Don't get me wrong, hardwiring isn't a bad thing. Thanks to hardwiring, when we learn a new skill such as driving a car, the more we practice, the more we hardwire what we learn into our brain's circuits, and eventually we can operate a car automatically. But if we want to change something in our life, we have to cause the brain to no longer fire in the same old sequences and combinations. We have to create a new level of mind by disconnecting the old neural circuits and rewiring our brain in new patterns of nerve cell connections. The good news we're learning from the latest brain research is that we can change the brain and thus change ourselves, if we take just a few simple steps" What is mental rehearsal and how can we use it to change? "Mental rehearsal allows us to change our brain, to create a new level of mind, without doing anything physical other than thinking. It involves mentally seeing and experiencing our "self"; demonstrating or practicing a skill, habit or state of being of our own choosing. Through mental rehearsal, we can employ the advanced faculties of our frontal lobe to make significant changes in our life. Several studies have shown that the brain does not know the difference between what it is thinking internally and what it is experiencing in its external environment. In one experiment, two groups of non-pianists were asked to learn one-

handed piano exercises and to practice two hours a day for five days ~ with one important difference. One group physically practiced their exercises, while the other mentally rehearsed the same exercises without using their fingers. At the end of the five days, brain scans showed that both groups grew the same amount of new brain circuits. How is that possible? We know that when we think the same thoughts or perform the same actions over and over, we repeatedly stimulate specific networks of neurons in particular areas of our brain. As a result, we build stronger, more enriched connections between these groups of nerve cells. This concept in neuroscience is called Hebbian learning. The idea is simple: Nerve cells that fire together, wire together. According to functional brain scans in this particular experiment, the subjects that mentally rehearsed were so inwardly focused that their brain did not know the difference between the internal and the external world. Thus, they were activating their brain in the same way as if they were actually playing the piano. In fact, their brain circuits strengthened and developed in the same area of the brain as the group that physically practiced."In his recently published book, "Evolve Your Brain: The Science of Changing Your Mind", Dr. Dispenza shares his story and takes the reader step by step through the knowledge and "how-to" steps needed to change any area of our life. What inspired and motivated you to write this book? "An experience I had 20 years ago inspired me to investigate the power of the brain to alter our life. As I describe in the book, much of my spine was crushed in a bike accident, and four surgeons said my only option to avoid paralysis was a type of surgery that would have left me with a permanent disability and possibly, lifelong pain. I had to make the toughest decision of my life, but I turned down the surgery and turned instead to the innate intelligence that constantly gives life to everyone one of us. Ten weeks later, without surgery, I was back at work, completely healed and pain-free. I give credit in the book to many factors that contributed to my healing. Because of that experience, I promised myself to spend a major portion of my life studying the phenomenon of mind over matter and spontaneous healing, meaning how the body repairs itself or rids itself of disease without traditional medical interventions such as surgery or drugs. And so I've spent many years studying about human potential, about our ability to transcend or be greater than our personal limitations, and about the interconnectedness of the brain, the mind, the body, and consciousness. Until just a few decades ago, science had led us to believe that we were doomed by genetics, hobbled by conditioning, and should resign ourselves to the proverbial thinking about old dogs not being able to learn new tricks. However, what I've discovered in studying the brain and its effect on behavior the last 20 years has made me enormously hopeful about human beings and our ability to change. We have just needed to know how to change, and today, neuroscience has a very solid explanation for how mind over matter works; it's no longer a pie-in-the-sky concept. The science of changing our mind is now available, and I wrote Evolve Your Brain to help make this science accessible to everyone. Is Evolve Your Brain a self-help book? How is it different from other books that concern human potential? "Helping us understand and accept that we truly can modify our brain and change our life is a major focus of this book. My approach is to unify the most helpful new findings from neuroscience, neurophysiology, biology, and genetics, and build the reader's knowledge in a systematic, easily understandable, and hopefully engaging way. Yet as the book makes clear, knowledge must be experienced before it can become wisdom. Evolve Your Brain is designed to serve as a practical tool to guide us as we experience the processes that we can use to change our mind and evolve our brain. Unlike self-help or human potential books that focus on the mind, the emotions, or the body but place little attention on the brain, this book embraces the structure and function of the crown of our evolution. Everything that we do takes place through the brain — how we think, how we act, how we feel, our relationships, our perceptions of the world around us — because our "self" as a sentient being, is immersed and truly exists in the electrical web of our cellular brain tissue. Then, since we can't hope to evolve our brain without changing our mind and understanding the role of our feelings, Evolve Your Brain explores how they all interact with the body to create our life." In next month's issue, we will take a further look at Dr. Dispenza's ideas on evolution and the brain. Dr. Dispenza will be visiting London, November 14th to 16th, where he will be delivering Q & A sessions as well as a 2 day workshop based around his work and research, enabling individuals to learn how they can change their lives for the better through the power of their minds. For further information, please visit <http://www.drjoedispenza.co.uk> or email info@drjoedispenza.co.uk With thanks to Michelle McLean, UK Coordinator and Co-Host of the "Evolve your Brain" UK workshop from whose editorial this article has been compiled. Visit Michelle's website at <http://www.knowyourself.me.uk> or e-mail: info@knowyourself.me.uk About the author Featured in the award winning film, "What the BLEEP Do We Know!"; Dr. Dispenza also has guest appearances in "What the BLEEP Down the Rabbit Hole". When not traveling and writing, he is busy seeing patients at his chiropractic clinic near Olympia, Washington. Joe Dispenza, D.C., studied biochemistry at Rutgers University in New Brunswick, N.J. He has a BSc with an emphasis in Neuroscience from Evergreen State College in Olympia, WA, and also received his Doctor of Chiropractic (DC) Degree at Life University in Atlanta, Georgia, graduating magna cum laude.

Dr. Dispenza's postgraduate training and continuing education has been in neurology; neurophysiology; brain function and chemistry; cellular biology; memory formation; and aging and longevity. He is an invited member of Who's Who in America, an honorary member of the National Board of Chiropractic Examiners, the recipient of a Clinical Proficiency Citation for clinical excellence in doctor-patient relationships from Life University, and a member of Pi Tau Delta - the International Chiropractic Honor Society.

Over the last 10 years, Dr. Dispenza has lectured in over 17 different countries on six continents educating people about the role and function of the human brain. He has taught thousands of people how to re-program their thinking through scientifically proven neuro-physiologic principles. As a result, this information has taught many individuals to reach their specific goals and visions by eliminating self-destructive habits. His approach, taught in a very simple method, creates a bridge between true human potential and the latest scientific theories of neuroplasticity. He explains how thinking in new ways, as well as changing beliefs, can literally rewire one's brain. <http://www.drjoedispenza.com>

