

Dr. Joe Dispenza

Dr. Joe, thank you very much for taking the time for this interview (for a German magazine). Let us start with something that is important for you right now. What is the main subject or focus in your work?

My work is basically about the science of changing your mind. It is about biology and neuroscience, things about what personal change looks like in the brain and the body. And even if this constant neuroplasticity tells us that we can evolve our actions and modify our behaviours to a better job in life. And the principles of neuroscience and their latest research show us, that we change by every thought we think, every experience we have, every dream we are satisfied with, and that we can actually change the brain and body to look at the experience as if it had happened as an event. It gives people enormous power and privilege because now they can begin to make measurable changes from the inside out. And that's what change is about: changing from the inside out.

Would that not work as well without any neuroscience? As we know there are many methods of changing behaviour or thinking patterns have evolved. (They seemed to have worked without neuroscience). Do you bring neuroscience in for a scientific proof of the change or is it more than that?

Well it is actually both. The whole reason that I use the neuroscientific and quantum model is that once you use science to help people understand what is possible it demystifies the mystical. It makes it very tangible for them so that they can begin to apply and personalize it on an individual level and begin to see measurable changes in their lives. So in one sense we use science as the language to be able to help people understand. Lets say it's the contemporary language to explain the super natural, or quantum physics or mysticism. But secondly and equally as important: Once you tell people how it works and why it is so difficult to make the important changes in their life, once they understand the how to and whys they get the knack to get about the business of personal transformation without anything outside of them.

How does it work practically? Do people come to you with their problems and ask for your help? And how do you deal with it?

Well, I'm not dealing with people on an individual level because I'm too busy lecturing and travelling around the world. What I do is I provide workshops now to people how to change the mind and make physiological changes in their body and a lot of times the side effect of those changes produces health changes in their life. I see if I can answer this in the most practical way. On some level everybody always wants to change something about himself, whether it is a habit they have performed or an emotional state that they can overcome or it is an attitude they have developed or a belief system that keeps blocked in to getting what they want in their life. Now we all have perceptions and beliefs and attitudes that derive from the way we think and feel. And so people spend a lot of their time having a thought that produces a chemical in the body that signals their body for them to feel exactly the way they were just thinking. And when they feel the way they think they begin to think the way they feel. And the cycle of feeling and thinking and thinking and feeling creates what I call a state of being. And an extreme series of exposed thoughts connected to those feelings together that produces an attitude connected to a thought and a feeling. So if you have a bad attitude it has to do with a series of bad thoughts that are connected

Whenever the body knows better than the mind that is called heaven. Heaven is, when the mind is the body. 95 % of who you are by the time you are 35 years old is the unconscious mind and you want to change your life with 5 percent of your conscious mind? But you memorize a state of negativity with your mind and body in opposition. You pray for a better life with all your might but what you feel is guilt. We can't change our lives with this 5 percent of conscious mind, we have to get into this operating subconscious system and begin to change our identifications and associations into more positive ones.

What kind of methods do you use? Is it NLP, meditation, becoming aware?

It's meditation. A very specific meditation with 10 steps. The second book I am writing is titled "Breaking the Habit of Being Yourself. How to loose your mind and create a new one." And it's about that. I don't think it is helpful to go into details here – you need the framework of a workshop, but I can give you an overview.

The praxis of change requires two elements: it requires unlearning something that you memorize and relearning something new. It requires breaking the habit of the old self and reinventing a new self. It requires what we call in neuroscience blocking out old connections and then sprouting in new connections. It requires unmemorizing emotional states that have become part of your personality and then reconditioning the body and the mind.

The word meditation according to the Tibetan tradition means to become familiar with. If you become familiar with your unconscious thoughts, behaviours and feelings that too much go by all day unnoticed and you become conscious of them then you observe what you are. That is meditation. As you make known your unconscious states of the mind and the body you begin to develop more control over your emotional states.

From a neurological standpoint however you think, however you act and however you feel pretty much hardwires the brain into a very specific pattern. If you keep thinking the same way your brain is going to strengthen the circuits over the time and those neurological circuits will develop a long term relationship. So how do we break the circuits? We have to make the brain work differently. And one of the ways do this is information and knowledge. Because every time you learn something new you force a new connection in the brain. That's what learning is. Remembering means remaining and sustaining these connections.

If you think of a greater expression of yourself, a greater way to live and to be – by the process of you just thinking differently, you will begin to fire sequences with new combinations. Whenever you can make the brain work differently you will change your life. So if people begin to break out of their typical ways and think in terms of a new way of being they are literally changing their brain.

In the old Indian scriptures, the Upanishads, it is said that our true nature is revealed in deep dreamless sleep. Can you comment on that?

Well that's a bit like having two bottles of wine in an hours conversation, but let us start with brainwave patterns. We know that brain wave patterns in children are pretty slow because the brain is not fully formed. Characteristic are beta waves which indicate deep sleep and also a kind of twilight state, where our internal world is more real than the external. By the time we are nine years old we develop our critical and analytical mind shown by alpha waves. The alpha is like a bridge between the conscious and the subconscious mind. Now we take the external world more real than the internal. The conscious mind stands for logical reasoning, creative abilities and our will. The subconscious mind is made of a vortex that form our behaviour from what we have learnt.

When we consider deeper, dreamlike states (in the context of the Upanishads) I think they talk about getting passed the analytical mind and to point to that beta state. When we are having a lucid dream in that state, it appears to be more real than the external world. In Beta your body is in sleep while your mind is awake. That's where the body doesn't resist any more to change and where we begin to see reality without any subjectivity. If we practice this meditation, just like when we go to sleep and switch from Alpha to Beta or Delta, which happens very quickly, we train ourselves to slide down consciously. And when we do become familiar with these deeper states we are on fertile grounds to change our lives.

This text is an excerpt from an interview (through Skype in 2010), published in German in Allegria Magazine and VISIONEN.

For further information see : www.drjoedispenza.com