

Understanding the Power of Your Mind



An Intensive Workshop with

Dr. Joe Dispenza Monday March 5, 2012

9:00 am -5:00 pm

Sedona Creative Life Center
333 Schnebly Hill Road, Sedona, Arizona

Joe Dispenza, D.C., studied biochemistry at Rutgers University in New Brunswick, NJ and has a BS degree with an emphasis in Neuroscience from Evergreen State College in Olympia, WA. Dr Dispenza also received his Doctor of Chiropractic Degree at Life University in Atlanta, Georgia, graduating magna cum laude. Dr Dispenza's postgraduate training and continuing education has been in neurology; neuroscience; brain function and chemistry; cellular biology; memory formation; and aging and longevity.

Over the last 10 years, Dr Dispenza has lectured in over 18 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 neuro-plasticity. He explains how thinking in new ways, as well as changing beliefs, can literally rewire one's brain. 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.

His work on the brain and relationship between the mind-body connection was inspired by a serious accident, which caused multiple fractures to his vertebrae. Against doctors' advice, Dispenza decided against surgery and after three months, along with a careful therapeutic program, he had literally thought his way to healing. His first book, *Evolve Your Brain: The Science of Changing Your Mind*, connects the subjects of thought and consciousness with the brain, the mind, and the body. The book explores "the biology of change." That is, when we truly change our mind, there is a physical evidence of change in the brain. As an author of several scientific articles on the close relationship between the brain and the body, Dr Dispenza ties information together to explain the roles these functions play in physical health and disease.

By understanding how your mind works, you can learn how to unlearn negative habits and emotions to eliminate self-destructive behaviors and rewire your brain with new thoughts and beliefs that will help you heal your mind and body and create new results and possibilities in your life.

In this ground-breaking workshop, Dr Joe will explain:

- Why we keep repeating the same patterns in our life
- How we change and why change is so difficult
- Why disease is created and how we can heal
- How to break unwanted emotional patterns
- The common thread underlying spontaneous remissions
- How to create new patterns and habits in the brain and body
- The 10 steps to change and reinvention of self

With the knowledge of how your mind works, Dr Joe will then guide you through a step-by-step meditation process to overcome destructive emotional states such as insecurity, unworthiness, anger and so on – and replace them with new states of mind.

You will leave this workshop having made significant changes in your life by rewiring your brain, and utilizing the tools that enable you to apply this process at any time in the future.

This is an Intensive Workshop; upon completion the participant can register for a Progressive Workshop with Dr Joe.

This activity has been submitted to the American Holistic Nurses Association (AHNA) for approval to award contact hours. AHNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific product or modality in the care of clients. Nurses must attend the entire program on Monday March 5, 2012, to receive credit.



Tickets: 160.00 for regular seating. Preferred seating 210.00

**Reservations and information: www.heartwisdomjourneys.com,
phone 928.451.4670 or email karen@stellarproductionslive.com**