

**How to Lose Your Mind and Create a New One:
An Interview with Dr. Joe Dispenza**
by Corinne L. Casazza

Dr. Joe Dispenza was featured in the hit movie *What the Bleep do We Know?!*. His new 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.

Four Corners: Can you talk about the art of focused concentration – how losing focus on the external world of time/space/body helps us affect change?

Dr. Joe: The frontal lobe is 40% of the entire brain. It's what allows us to modify our behavior. It allows us to have intention and attention, to speculate possibilities, to plan our actions, to restrain impulsive behaviors, to forecast events in the future, and to learn from our mistakes. The frontal lobe allows us to make thought more real than anything else. That's the privilege of being a human being.

When the frontal lobe is in full operation, it acts as a volume control. It lowers the volume on the circuits in the brain that process time and space. When those circuits are cooled off, there is no mind there any longer, so the thought becomes the experience itself. The moment that happens, the brain upgrades its hardware so the thought has now been wired in the brain to reflect our thoughts and ideas. What makes that so beautiful is that now we can say, as a result of our attention and intention, the hardware in the brain has been changed to look like the brain has already had the experience. If we're able to contemplate new ideas and focus on our dreams and our goals, and to repeat the process enough times, the brain changes to look like the experience happened, and if the brain is changed ahead of the actual experience, according to the quantum law, the experience finds us.

Four Corners: So we can use this to change old patterns, but if old patterns are unconscious and we're not aware of them, how can we access them to change them?

Dr. Joe: Laughs: That's what my workshop (at Sedona Creative Life) is about; the process of change. By the time we're 35, 90% of who we are exists in the memory system in the brain that is completely subconscious. We've memorized a set of behaviors, emotional reactions, skills and habits. Over time, we condition the body to memorize these states as our conscious mind.

Psychology tells us that 90% of the emotions we experience are negative. These emotions are activated by stress chemicals, fear and anxiety, anger and aggression, sadness and depression etc. Most people have an experience in their life and that experience is an emotional reaction. They memorize the emotional reaction so well that it becomes part of their personality.

In the workshop, we'll go into the brain's operating system and bring up some emotions you've memorized, and through a process we'll learn, be able to unmemorize that emotional state and then reinvent the new self. The process of change requires unlearning and relearning. It takes breaking synaptic connections and then rewiring new circuits in the brain. All we need is a little knowledge, and a chance to apply it, and people start to have some pretty good changes in their life.

Four Corners: What do you want people to walk away from this workshop with?

Dr. Joe: I want people to believe in themselves and know that everyone is a creator. We design the future based on how we think and feel. I want people to have the tools to change.