

messages that inspire positive growth and change

The Aware Show

Lisa
Garr



THE AWARE LIFE TELESEMINAR

DR. JOE DISPENZA

07/06/12

Lisa: Hello, hello, hello! Welcome to The Aware Show. This is Lisa Garr. Welcome to the teleseminar, and today we're diving right in. We're getting right into, basically, a master class if you will – a teaching lesson. So, want you to sit back and absorb today, because we're going deep into the neurology of your brain. We're going deep into why we find it so hard to break those old habits and why we keep doing the things that bother us over and over and over again, even though we know better. How many times have you done that? How many times have I done that? So, we're going to learn today about how the brain evolves and learn new skills so that we can actually break these old patterns – so that we become “in charge” of our old thoughts – so that they're not in charge of us. And doing this with us is Dr. Joe Dispenza, who is an expert on the brain, on the mind, the study of the human being. He spent decades studying the human mind and how it works and how it stores information; and why it perpetuates the same behavioral patterns over and over and over again. He's always one of the scientists from the film “*What The Bleep Do We Know?*” Welcome, welcome to the show Dr. Joe!

Dr. Joe: Hi Lisa, I'm so happy to be with you.

Lisa: Yeah, great to be with you too. Dr. Joe and I have had a great time in Colorado doing the Giam Show and I've learned so much by listening – the visuals that I watched from your video really made such a huge impact on me and I also showed them to my daughter – of how neural connections actually happen in the brain. So, I'm going to just ask you right off the bat, we're just going to dive right in here. How does the brain *create* a memory? Like, physically?

Dr. Joe: Well it's very interesting. We have a few different types of memories and – a great conversation to have, because, for the most part – learning, from a basic neuroscience standpoint – learning is making new synaptic connections in your brain. Every time you learn something new you forge a new neurological connection or circuit or synaptic connection in your brain. Now, the research that was done back right around the turn of the century by a Nobel Prize laureate name Ken Dell, he found out that when people learn just a few bits of information they can make up to almost 2600 connections to reflect that new knowledge. Now, here's the key: if you don't revisit that knowledge, if

the aware show

Lisa
Garr



you don't review it, if you don't remind yourself of that knowledge – within a very short amount of time, those connections break down to half. So, if learning is making synaptic connections, then remembering is maintaining and sustaining those connections. And, when we sustain those connections, as we begin to fire and wire circuits in your brain, those connections – just like any relationship – the more you communicate, the more bonded that you become. Neurons are exactly the same way. So, the first way we make connections is learning information. The second way to form memories is through experience. Now, when you're in the midst of an experience, everything your seeing and smelling and tasting and feeling and hearing – all of your five senses plug you into the external environment. And as your gathering all this vital sensory data, from a new event or a new experience, all that information is rushing back to your brain through those five different pathways and jungles of neurons begin to organize themselves into patterns.

Lisa: That's so interesting, they just connect like building blocks on a bridge, right?

Dr. Joe: They're footprints, they're literally footprints.

Lisa: Oh, interesting. That's a good way of looking at it, yeah.

Dr. Joe: And the moment they string into place the brain makes a chemical, and that chemical is called a feeling or an emotion. So, whereas the first type of connections are little bit more short term, experiences tend to brand the brain more completely because there is an emotional quotient behind it; and we can remember experiences better because we can remember how they feel.

Lisa: So, as a neuroscientist, what made you dive into what the memory looks like? I mean, it's a very interesting thing to – I've always wanted to know the answer to that question – what does it physically look like, and then, how do you break it? Do you just in there and snap it?

Dr. Joe: Well, this is another great conversation to have, I mean, for me, I mean my interest, really, Lisa is demystifying the mystical. I mean, that's just really where my interest is. I love to take spiritual concepts and really look to see if there's a scientific explanation for it, and I think science right now, really is the contemporary language of mysticism. What makes it so unique is that the moment you start talking about religion or culture or tradition, you begin to divide audiences and you begin to divide individuals. And when you use science, nobody's excluded and so I started this understanding because I wanted to see if there was a scientific understanding to bridge the gap.

Lisa: Well, you have found it and so, we've have these connections, these neural connections that happen in the brain and then over repetition and experience and

The aware show

Lisa
Garr



emotion they build bridges. And that is what is considered a “stuck” emotion, or lasting emotion. Are there bridges for trauma bigger or thicker than the ones for a happy memory, like a great birthday?

Dr. Joe: Well – another great question -- experiences that have the highest emotional quotients tend to be the most memorable. So you can remember, you know... your surprise birthday party, or 40th birthday party, you could remember graduating from college with honors and getting your degree. You can remember the birth of your daughter. You can remember catching a fish on vacation with your 4 best friends. You could also remember some pretty traumatic events too. But it seems to be like 9/11, it seems to be that when the experience has a stressful emotion attached to it, the hormones of stress tend to be somewhat more emergency based... and so they – from a vitalistic stand-point – they have more of an emotional charge. So we tend to remember experiences that have the highest emotional quotient – and if they’re stress related, those chemicals, for a moment, wake the brain and body up, and we begin to associate that external event with how we feel differently inside of us, and the difficulty is that – most people don’t know it – but every time they think about the event, they remember that event, they review it – they’re producing the same chemistry in the brain and body as if the event was happening. And in time, they neurologically fire, and wire those circuits in their brain, and those connections tend to be a little bit more sealed, the attracts tend to be a little bit larger, and the emotions that are created from just the memory of the event begins to emotionally condition the body to memorize that experience subconsciously as well as the conscious mind. And the key here is that your body is your unconscious mind, it does not know the difference between an experience in your life that produces an emotion, and an emotion that you fabricate by thought alone to the body – it’s believing it’s in the experience over and over again. And this is where we get stuck... in the past.

Lisa: Because it creates that situation over and over, and over again in our memory... in our mind. And the body chemically reacts as if it’s happening over and over, and over again.

Dr. Joe: Exactly.

Lisa: Okay, so then how do you... and that’s the name of your book, *Breaking the Habit of Being Yourself*... How do you do that? I mean it seems like when a memory has been replayed in your head for 30 – 40 years, I would think it’s harder to break than maybe a food poisoning a month ago.

the aware show

Lisa
Garr



Dr. Joe: Well, if you want me to answer that, it's going to take me a few minutes... Can I do it?

Lisa: Yes, I would love to know. I'm curious, I really am.

Dr. Joe: Okay. Well, we know from a biological stand-point that 95% of who we are, by the time we're 35 years-old, is a set of memorized behaviors, emotional reactions, beliefs, perceptions, attitudes, skills, behaviors that are functioning like automatic programs subconsciously. So 95% of who we are – by the time we are 35, or a little bit later – is pretty much an automatic program that runs subconsciously... in other words, we've practiced a behavior, an emotional reaction, a thought process so many times that now the body knows as well as the brain. Now here's an example... You'd have to be over 35 for this – but you can't consciously remember a phone number, you walk over to the receiver, you pick the receiver up, you look at the keypad, and your fingers dial the number. In other words, you couldn't consciously remember doing it, but your body practiced it so many times that it knew better than your brain...

Lisa: Okay.

Dr. Joe: Now that's who we are by the time we're 35 years-old, a bunch of programs in which the body knows how to do it better than the conscious mind. So we could say that by the time we're 35, we're functioning primarily unconsciously, or subconsciously through an automatic thought, through an automatic behavior, or an automatic emotional response. Now, the process of change then requires... the first step is becoming conscious of our unconscious thoughts – beginning to notice or pay attention to our unconscious habits, and to begin to become familiar with, or aware of our emotional reactions, and that concept in neuroscience is called metacognition, in Buddhism it's called mindfulness, it's to become aware of who we're being. And the fact that we can think about how we think, or notice how we feel, or pay attention to how we act means that we can modify our behaviors to do a better job in life, and that ability then is really the first step in the process of change. Now, we also know that as you observe those states of mind and body, the moment you're observing them, you're no longer the program, but you're the consciousness observing the program. And you begin to objectify your subjective self. We also know that if you began to ask yourself, on a very basic level, "What is a better way to be? What piece of knowledge could I apply to this situation? What would I have to change about myself in order to do it differently?" And before you even did anything, you sat and you contemplated on it, and you thought about it, and you began to review what you learned intellectually, and you began to put yourself into the equation, and you began to rehearse mentally – a new way of being. You would begin to force your brain to fire, in new sequences, and new patterns, and

messages that inspire positive growth and change

the aware show

Lisa
Garr



new combinations. Whenever you make your brain work differently, you're changing your mind. And if you can remind yourself everyday of who you're going to be, you're literally installing the neurological hardware in place to use, so you have some raw materials to get your behaviors to match your intentions, or your actions equal to your thoughts to have a new experience. So it's UN-firing, and UN-wiring, and becoming aware of. And then re-firing, and rewiring, and that's how we begin to make the change.

Lisa: Aha! So you become aware of it in the first place – and then you start to layer, or through repetition – change the habit. This is how – as I said earlier in the show – you become in charge of your thoughts rather than them being in charge of you. That's how you change the course of your life. I was listening to Dr. Joe's material last night, and as you've heard for the past few minutes... The way that he talks really takes you on a journey that makes sense. And it's a sequential journey that I understand, for some reason I get your rhythm, Dr. Joe. I get the way you explain things, when you say things – it creates pictures in my mind. I went to bed last night... just so grateful for being able to listen to your material, for being able to get it, for being able to be in a state that I can shift my training, or my past habits – the past habits that don't work for me, because I DO want to change, and I do love to be able to learn how to do that, how to truly change – from the inside out, I really love that. So then, when we talk about this layering on, and changing through repetition – but I always say, "Practice makes permanent." – I heard that a long time ago... Well, actually how would you do that? So you would change your outside environment by layering in various techniques? – Is that what you're talking about?

Dr. Joe: No, no, no. Let's be really clear here that in that true change is literally being greater than your environment, to be greater than your body, and to be greater than time. Now if you condition your body to be the mind, and your body now is running like an automatic "program", then when you get down to the business of change, because you've memorized certain states of mind and body, that when you decide to change, your body is not going to like that too much. It's going to want you to return back to the same familiar state, because your body is the servant to the mind... You've conditioned it to be that way. So the moment the person starts to feel uncomfortable, because they're no longer thinking the same way, or acting the same way, or feeling the same way – that level of discomfort, it's an unknown. So people can predict the next moment of what's going to happen. So typically they return back to their same self, and this is why change is so hard, because the moment you step outside of the familiar, you're in the unknown – and according to the quantum model, that's the only time the miraculous happens, is when you're living in that unknown state. So if you believe that your thoughts have something to do with your destiny... right? You say, "Well my thoughts create my reality."

Phone: 800.772.3012

www.theawareshow.com

The Aware Show, Inc.

20929 Ventura Blvd #47-533 Woodland Hills, CA 91364

The aware show

Lisa
Garr



Well if you're waking up every morning, and doing the same things, and seeing the same people, and going to the same places, and having the same experiences that produce the same emotions – then it's your environment that's controlling how you think, act and feel. And if your brain is organized to reflect everything you know in your life, your brain is a record of your past – then by very definition, you're thinking in your past. And you keep creating more of the past. To change then, is to think greater than the environment... So it begs the question... You know, Martin Luther King knew this, William Wallace knew this, Mahatma Gandhi knew this, Joan of Arc, Madam Curie knew this, the Wright brothers knew this... they all had a vision, or an idea that was greater than their present environment.

Lisa: Ah...

Dr. Joe: So it begs the question... Can you believe in a future that you can't see or experience with your senses yet... but you've thought about enough times in your mind that your brain is physically changed to look like the event *has* happened? Neuroscience says it's possible. So your brain now is no longer a record of the past. It is now, in fact, a map to the future – and can you emotionally embrace a future potential that exists in the quantum field – and there are infinite potentials that exist in the quantum field – and can you emotionally teach your body what it feels like to be in that event ahead of the actual experience, so much so that you begin to signal new genes and new ways – so that your body begins to physically change to look like the event has happened? Now, if your brain and body are physically changed to look like the event has happened, thoughts of the language of the brain, and feelings of the language of the body, and how you think and how you feel creates a state of being. A state of being is a new personality... and a new personality creates a new personal reality. It's the moment you can relax, and the experience will find you.

Lisa: Well, what if you don't know what it looks like though... I mean if you have something easy, like a weight goal, I guess that your mind can wrap around that, and then it can really go through that experience. Well, let's use that as an example for right now – weight loss. Say you want to be a specific weight... Your mind would then envision what that looks like – I mean... Can you fill in the blanks? I want give an example, okay?

Dr. Joe: Okay, so first of all, you can NOT create anything that you can't imagine.

Lisa: Right...

Dr. Joe: Impossible, right?

Lisa: Uh-huh, that's a great one. Write that down, people.

the aware show

Lisa
Garr



Dr. Joe: So then you better have a good vision of a future. Now look, this is how people change. I mean, most people, if they can't wrap their mind around a vision, and they can't allow their body to begin to respond, like, "Oh my god, I'm going to be 40 pounds lighter. I know what I'm going to look like. Yeah, I'm going to be uncomfortable. Yeah, I'm going to have to make some different choices, I'm going to have to change some of my behaviors... But you know what? That vision of my future is as real as anything else – and I can get inspired by it." The moment they come out of their resting state, they're more prone to get their behaviors to match their intentions, their actions equal to their thoughts. So, they have to get their mind and body working together. So let's just say the vision is losing 35 pounds – I don't know, I'm making this up – all of the sudden you say, "Okay, listen, I understand that the same thoughts create the same choices, the same choices create the same behaviors, the same behaviors create the same experiences, the same experiences create the same feelings, the same feelings create the same thoughts – and I'm in this cycle – I get it. So then new thoughts should create new choices, new choices should create new experiences, new behaviors, new emotions, etc." So, a person gets clear on their vision, they get a picture of what it is. I don't know if they put it on their wall, they put it next to their mirror... they get a clear vision of what it is. And then they get very clear steps of what they're going to do in order to make those changes – in other words, they're going to cut out certain foods, they're going to get up early in the morning and they're going to spend 12 minutes a day in aerobic exercise... they understand that they're going to have to come out of their resting state, and it's going to be hard, but that doesn't matter because they made a decision to do that with such firm intention that the amplitude of that decision is greater than the emotion that they're addicted to that keeps them the same person. Now when they make that kind of decision, the body begins to respond, and that decision is an experience, and that experience produces an emotion, and that begins to rewrite the program. And every day when they make that decision, they get closer and closer to their outcome.

Lisa: So, this is how my friend with 3 types of cancer right now is surviving... She has a 4 year-old little boy, and every time she looks in his eyes, who it took her 10 years through in vitro to have this child, and she now has 3 different types of cancer in her body, probably as a result of the in vitro – and she is looking at this little boy every single day of her life with the biggest, "Why?" in the world, as to why to live. And so she envisions her body every single day crossing that finish line of winning over these diseases. And this is what you're talking about, this is how you save your life, basically, right?

Dr. Joe: Exactly. Well, listen, here's the key. The key is that emotional quotient. If she can move into a state of gratitude that she convinces her body, emotionally, that that

the aware show

Lisa
Garr



healing has already taken place – in the state of gratitude means the event has already happened – giving thanks before it's made manifest. Your body will not know the difference between the experience that produces the event or what you fabricate by thought alone. Your body begins to believe that it's already done. That is the element that really makes people have the fastest gain.

Lisa: God that is so key. I would love it if you would explain to me how that works. I'm taking advantage of you as a neuroscientist right now, Dr. Joe. What does the brain look like – physically, chemically – what does it look like when you act as if it's already happening?

Dr. Joe: Okay, well the privilege of being a human being – ONE of our privileges is that we make thought more real than anything else – that's what makes us so unique.

Lisa: Wow, mmm...

Dr. Joe: And because of the size of the frontal lobe – our forebrain – it's the crowning achievement of the human being, it's the latest piece of neurological machinery, it's the home of our conscience, it's the home of the "you" and the "me." And the frontal lobe is like the great designer, it's the CEO, it's the boss, it's the symphony leader – and as we begin to think about a new way of being – a new future – the frontal lobe looks out over the landscape of the entire brain, and it says, "Hmm, I've got to create a new vision. What would a new future look like? What would health look like? What would wealth look like? What would being cancer-free look like?" And very naturally the frontal lobe begins to select individual networks of neurons in the brain that are based on the knowledge the person has wired in there, and the experiences that they have wired in there neurologically. And the frontal lobe begins to select these networks of neurons -- and in tandem -- begins to seamlessly piece them together to create a new level of mind. And when that happens properly, the person gets a very clear picture, an image, a hologram, and that hologram – we can call an intention. Intention is just getting clear on what we want. Now, here's the key, the moment the person gets so excited, or so involved in that experience that they come out of their resting state, and they can begin to feel inspired, they begin to feel what it would be like to be in that experience – and they truly do this properly – the frontal lobe acts like a big volume control, and it begins to lower the volume in the circuits in your brain that have to do with time and space. The moment those circuits cool off, the thought that you're thinking about literally is the experience, and the moment the thought is the experience – the brain captures the thought as the experience, up-scales its hardware to look like the experience has already happened – signals another part of the brain that produces the emotion of that experience – of gratitude, of joy – and that begins to signal new genes and new ways, and the body begins to get the information ahead of the actual event.

the aware show

Lisa
Garr



Lisa: Aha... That was the clearest definition I have heard, and I just went through that with my eyes closed. First of all, what I really got from that is you need to know what you want. You need to get clear, but you don't have to stand on your head, do 3 breathes, take this green drink, and then breathe 7 times. It's really simple, you just need to get clear on what you want – and then from listening to your mp3s... which by the way, I didn't even mention that Dr. Joe has this amazing, amazing package where hours and hours of these processes, and meditations, and experiences through his explanations are in his special offer package. And I'm just going to say this once or twice, if you go to theawareshow.com/dispenza – everything on what we are talking about is there. In this, you talk a lot about the power of meditation, and not just by meditating, going to sleep, this is the active visualization that you use within it. But what I really got from what you just said was – turning up the emotion, that amplifies and cements the learning. Is that right?

Dr. Joe: Yeah, it's true. And you know, the whole purpose of meditation, really, is to get beyond the conscious mind, and the analytical mind – and enter into the operating system where those “automatic programs” exist. My intention, again, is to demystify it so that people understand when they're moving into that level, to begin to make the most measureable changes – and I think one of the biggest problems that we have as human beings – is we try to analyze answers to the problems in our life, but we're analyzing those answers within the old neurological structures, and the old emotions that keep us connected to the past. The answer exists outside those states, and that's what it takes, is to just eliminate and silence some of those circuits so that we can begin to think in new and unusual ways.

Lisa: So that's what part of listening to these courses does, is it allows you to take part in what's like a workshop, an entire workshop – many of them actually, there are several different workshops – that you really get to go through the process of being transformed, the “unfoldment” of being transformed from beginning, to the middle, to going through with the uncomfortable, the going beyond and pushing beyond the comfort zone of a lot of what Dr. Joe talks about in this. And then to dare to be different – and that is what you're doing – you're basically committing to making a change, you're making a conscious change. And you are then able to experience what true transformation is about, and then you look back, and you see how much you were limiting yourself, and how many things that you didn't achieve because of those limiting beliefs and those limiting thoughts. So it takes you into this process – it's a step-by-step process of exactly how you can change through the brain. And all these different perspectives that I wrote down – you say the greatest sentences, “A belief is a reflection of a long-standing state of being.” Right, so wholeness – you talk a lot about wholeness, and this is one of the

the aware show

Lisa
Garr



CDs in this package, here. Now that we've talked about the functionality of the brain, and what a memory looks like, and how to physically break that memory, and then the process of what it means to create and look into the future, and get excited about it. What is that state? What is that state when you want nothing? – When you are whole? – When you have no desires? – and tugging and pulling of the mind shatter. What does that look like, to live with no regrets?

Dr. Joe: Hmm, well I think this is something that we can only talk around, and I think that we reach a certain point in our life where we're pretty much complete with all the materialism and all the external things that we really think that are going to bring us joy – and I think a lot of people confuse pleasure with joy, or pleasure with self-love, and they're really not the same thing. There is a biological understanding of wholeness, where we know that when we're living by the chemicals of stress, and those chemicals of stress create the emotions of anger and aggression, and hatred and judgment, and fear and anxiety, and insecurity, and pain and suffering, and hopelessness and powerlessness – those are what psychology calls the “normal” states of consciousness – those are ALTERED states of consciousness. People become so familiar with those states that that's who they think they are, but that's not who they are. Those are just emotions that they've been branded – that keep them connected to the past, and our personality then is made up primarily from living in the past. So when we get beyond those neurological circuits, and we silence them, we quiet them down – and meditation is a great way to do this – and we begin to go from that disorganized or disintegrated brain wave pattern function. In other words, when people are living in survival, or living in stress, or living in emergency mode – their brain is way out of harmony, way out of balance, it's like a symphony where everybody is playing their own beat, and there is no coherence there. In meditation, when we do it properly, the research shows that something amazing happens, the brain begins to sync up, and link up. – In other words, when we're living in stress, different compartments in the brain that normally talk to each other – no longer communicate with each other... they become highly compartmentalized. So we function as a person with multiple-personality disorders, but experiencing all the personalities at the same time.

Lisa: Wow.

Dr. Joe: When we start creating proper brain wave states in meditation, those different regions that were no longer communicating we've got with each other begin to organize and communicate with each other. They begin to hold hands together, and as they begin to sync together, the rhythm starts to get more organized, they begin to link together, and then different compartments start talking to other compartments, and you feel more like yourself than you have been at the same time – that keeps happening, and keeps happening, this orderliness, this coherence, this synchrony, this balance, this

the aware show

Lisa
Garr



rhythm begins to cause both hemispheres to start firing in tandem. Now when you have both hemispheres firing in tandem, it's impossible to think in dualism, because the brain is divided in half – we are always thinking good and bad, right and wrong, past and future, male and female, positive negative – that dualistic processing of the brain isn't really a healthy way to process. But when we get to that moment where the brain is functioning in that type of unison, that type of wholeness, that type of psychic union – it's almost impossible to want in that moment. We feel so whole inside of us, that if we even tried to want, the act of wanting would cause us to be separate from our wholeness. When we're in that state – which I call the natural state of being – is the moment that our prayers are answered, because we're no longer in polarity from our experience – we are the experience. And that's when that magic begins to happen around us.

Lisa: Have you done this in your own life? Did you used to be stuck in a lot of habits? And how did you get started in this in the first place?

Dr. Joe: Oh, I assure you, I'm still a work in progress.

Lisa: We all are, right?

Dr. Joe: I assure you. I live for those moments, Lisa. There's not many things that I want, materially, anymore. I've had all of that, and it's fun, but I love those moments where that intelligence that's giving me life that keeps my heart beating, and digesting my food, that's both personal within me, and universal around me, that quantum loving intelligence begins to leak out of me, or bleed through me... I live for those moments because when that intelligence begins to consume me, it's undeniable, there's no greater feeling in the world.

Lisa: And you have children... You have children who change the course of things in your life, and sometimes act irrationally and so forth. How do you deal with that?

Dr. Joe: I'm happy to say that for the most part, that's pretty much behind me.

Lisa: Yeah, yeah.

Dr. Joe: But, you know, I've been blessed – all of my children, all 3 of my children are very sensible and really are quite unique individuals.

Lisa: Well, they were raised by you, which I know, little teaching moments sure definitely help. But you also – I find this so interesting because you also have a practice – a chiropractic practice where you connect this “brain and body” functionality together.

the aware show

Lisa
Garr



I don't know how much you still do this, but what do you see where someone has such a stuck habit or pattern that it actually manifests in the body?

Dr. Joe: Well, I can talk for hours about that. But emotions are energy and motion. And so if we're living by the same emotion every single day, then the body – which is gravitationally organized energy – is stuck in the same pattern. And all the person has to do is keep re-experiencing the same events in their life, and those same events, of course, will create the same emotions – and until they address those emotional states, we can guarantee that the person is going to return back into the office with a very similar condition. So our job then is to treat people 3 ways: physically, chemically, and emotionally – and if there's 3 ways you can experience stress, or be knocked out of balance, which is just physical, chemical, and emotional – then there's 3 ways to create balance, which is physical, chemical, and emotional. And we found that when we integrate all of those elements, that people tend to respond the best, and really function in a certain level of health the longest.

Lisa: So it's that experience that you connect to the brain and the body, and the emotions, and start to really, truly effect change in people where they have long-term physical problems... What about – as a consultant in business, you do that work as well, which I think it would be so incredible, to take someone with your knowledge of the brain and the body, and go into business – how have you effected people? I mean what do you do? How do you deal with that?

Dr. Joe: Well, we believe in the corporate work that we do, and I never really had an interest in doing corporate work – but we were approached so many times because the same biological model of change that we use for individuals in our workshops – is the same biological model we use for change in companies.

Lisa: So interesting, that is amazing. Yeah, uh-huh.

Dr. Joe: Yeah, and listen. I mean, in order to transform a culture, you have to transform an individual – that is the model that we use. And so it's really simple, it says this – your personality creates your person reality, and your personality is made up of how you think, how you act, and how you feel. So the present personality whose listening to this call has created the present personal reality called their life, which also means then, if you want to create a new personal reality, then on a fundamental level, you're going to have to address the thoughts you think, the behaviors that you demonstrate, and the emotions that you've memorized. And so, in cultures like corporations, people are doing the same things, they're thinking the same thoughts, they're creating the same experiences, they're living by the same emotions. And then you're going to ask a person to change, and of course, there's no environment for change... And if they're living in stress, they're going to be doing the same things over and over again, but really expecting a different

the aware show

Lisa
Garr



result. So when we're living in stress, we tend to be selfish, we tend to be competitive, we tend to be deceitful, we tend to be greedy – and that model in our present culture is beginning to collapse, it's not sustainable. As a matter of fact, no organism in nature, and no businesses in organism can function in competition, they just won't survive. Most organisms that thrive really function in cooperation. So taking that model, and then bringing some very simple concepts, and teaching it to people – we've seen some really significant changes in companies.

Lisa: Well, see that's amazing. People are asking, "How do you take what you're teaching and teach it to someone else around you? Your loved ones, your spouses, your teenagers, your parents..." And this is how you do it. Your offer shows how these things happen, how these changes occur, and what it is that you create in the brain, and how it works so that you can have science – as you said it earlier in the call – have science explain it rather than different types of religions or belief systems... Science is pretty neutral when it explains how cells and nerve cells fire together, and how they wire together, and then how they actively change when you actually think differently, and so forth. That explains it. And it helps people break the model of being themselves.

Dr. Joe: I think it's a healthy beginning, And this is also a time in history where I am absolutely queer because information is so readily available that people not only want to know, they want to know how... And once you know how, you're given permission to experience your own greatness, and that's called empowerment. So, the how-to is equally as important because knowledge without experience is just philosophy, an experience without knowledge is ignorance. So we have to – on some level – marry the two, and then get down to the business of doing it. And getting people to go from thinking to doing – in my experience – is like herding cats, everybody wants to stay in their intellectual realm, but the people that actually do it – and we see this so many times on our website. We get so many wonderful, miraculous stories. The first line of every miraculous e-mail that we get is always the same. The first line always says, "You're not going to believe this." Because they've actually took the time to do it, and they're in awe of the outcome that was created.

Lisa: Interesting, really... Like, what are some of the stories that you've experienced?

Dr. Joe: Oh, my goodness! We've seen people with Hashimoto's Syndrome who are diagnosed with a thyroid condition that would never go away go into complete remission.

Lisa: Through the power of their thoughts?

the aware show

Lisa
Garr



Dr. Joe: Just by changing their state of being, yeah. And we've got hundreds of stories like that. We've had people with colitis, and celiac disease, and food sensitivities, and chronic pain, and M.S. and lupus... We've seen just so many – people winning the lottery, I mean we've seen all kinds of crazy things happen – just by changing their state of being.

Lisa: Well, it's more than that, I mean it's understanding – maybe this is just my personal perspective – but it's understanding how it works, and physiologically how it works in order to then understand the importance of the emotions and the state of being. And that's just the way my brain works, and I'm committed to that for my listeners because I've gotten feedback with them in the exact same space. You know, saying, "I want to know how... Don't just tell me that I can change, I need to know how. And when I hit up against that next person or thing, or belief – I need a tool, I need something that I can grab onto like an anchor, and say, "Okay, this is my comfort zone, this is how I need to push through it, and this is what it looks like on the other side." And that's what I get from your material, because you, I think, are committed to the same thing – to deepen the understanding of what science has to say about this, and the brain waves, and how it effects your life.

Dr. Joe: Yeah, and again, once you understand the "Why's" and then you begin to piece it together... it makes the "How" a lot easier. And you know, the workshops that we do around the world – I now know this to be the truth – I've seen so many people do so many amazing things that I think the hardest part of all of this is making the time to do it – and most people, they wait for crisis, or they wait for loss, or disease, or diagnoses to get about the business of change. My message is, "Why wait?" you know? We can learn and change in a state of pain and suffering, or we can learn and change in a state of joy and inspiration. For me, I prefer the latter.

Lisa: Well, I also love the new style of learning. I love the whole digital idea that these downloads are accessible to people on their *iPads*, cell phones, I mean where ever you have a mobile access, you can download this, because it's very easy to download, and it's very accessible. And for me, if I go into a workshop, because I have a belief that I am a sensitive person, I tend to absorb the emotions in the room, I start to get energetically confused sometimes – because I am so sensitive. It's just one of those things that happens that I need to shut down. But I like the fact that I can sit sometimes at my desk, and listen, and really GET, and close my eyes, and really follow the sequence of where you're going. And I don't phase out, because you know, workshop situations – sometimes I tend to phase out – because maybe I hit to big of a core picture, and I eject out of my body, and then I don't hear anything else you say. I like the fact that this is accessible to me when I'm in the optimum state of learning for me – in my own environment, and it just kind of works better for me. That's one of the things I love about

messages that inspire positive growth and change

the aware show

Lisa
Garr



digital access to these things – and that’s for anyone that buys the package. I mean it’s easy to download, we have amazing support teams, that if you have any issues with your particular devices, you don’t have to be super computer-literate – you can make this work very easily. And this is how you make change happen, this is the new age of change, in my opinion. And it does have to go away in a couple of days, because Dr. Joe offers this on his website for, you know... 3 times the cost. So he has discounted it for *The Aware Show*. And plus we have other things in there that you don’t see anywhere else – with interviews I’ve done with Dr. Joe Dispenza, and specific really, really great interviews. So that’s all in addition to Q and A sessions. But it’s all about the teachings, and it’s all about you being able to digest the teachings in a way that works for you, and that allows someone to take you through an experience where you are transformed at the other end of it – not someone talking at you. But you experiencing it along with the person, and identifying what’s being talked about, and basically getting busted on things about your own internal patterns – that you might even be unconscious to. So that’s what happens to me when I listen to all of this. So it’s definitely a journey for me... It took me into a couple of altered states where I really got a lot out of it. I really came out of it with an amazing amount of gratitude. So it was really, super helpful for me. So this is consulting, so you go in and you change physical structures of peoples’ business’s at some point. Do you still do that type of thing?

Dr. Joe: I primarily do most of the key notes. I was just on the East Coast this past week, and did a key note for a very large international company – and deliver the basic premises, and then we send our trainers in – we have 16 trainers that we send in that go in and teach the model of change, and the neuroscience of leadership to the company – whether it’s their sales department, or the HR department. And we have an 8 hour course that I’ve developed that really is a pretty fun course.

Lisa: Well, when you go into environments and you see how the culture has changed due to technology, and how businesses, and corporate structures are falling apart – because of the time that – changes occurring so fast outside of us – that we’re barely able to keep up as a human being around all this type of new change. But as a company, to survive in this current environment – you **HAVE** to be adaptable, you have to be able to recreate yourself over and over again. And this goes for a company and individuals... So how do you address this rapid fire change that we’re experiencing? – From a neuroscientist’s perspective.

Dr. Joe: Well, you know, Darwin said, “It’s not that the smartest of species that survive, or the most intelligent. – It’s the one that’s the most adaptable.”

messages that inspire positive growth and change

the aware show

Lisa
Garr



Lisa: Adaptable, right...

Dr. Joe: Adaptability is being able to read the conditions in your environment, take some new knowledge, and apply it, and change your behaviors to actually produce a different outcome. Now when most people confront change – we can just step outside the corporate model here – let’s just talk in general... When you’re facing adversity, or conditions in your environment that are forcing you to change – most people turn on the “fight or flight” nervous system – the sympathetic nervous system – the emergency nervous system that begins to cause the body to get knocked out of balance, because stress is when your body is knocked out of homeostasis. The stress response is what your body naturally does to return itself back to order. Now most organisms in nature are all designed for short-term stress... Zebra gets chased by a lion – 15 minutes later it goes back to grazing, the event is over, and the body returns back to balance, or homeostasis. Human beings – another story. We can turn on a stress response just by thought alone. We can think about worst case scenarios, we can prepare ourselves for the doom and gloom. We can begin to obsess about something that possibly could happen in our future – and we can put so much of our attention on it, and where we put our attention is where we put our energy – that our body begins to physiologically get knocked out of balance as if the event was happening. We can think about something that’s happened to us in our past – it’s “tattooed” in the recesses of our grey matter. And like magic it comes to life, and in that moment it’s real. So for the most part then, when we’re living in emergency, we’re living in stress – and if we can turn on a stress response just by thought alone – then all of our energy is going to combat or fight, or react to something in our life that was once very adaptable. When we were being chased by a lion, it was very adaptable, but now all of a sudden, it’s very maladaptive, because when we turn on a stress response, we can’t turn it off. Now we’re headed for some type of break-down, so most people confront conditions in their life that resemble change by turning on the stress response – and we know that they’re going to keep doing the same things, and expecting a different result. So giving people the skills of being able to become aware of their emotional reactions to shorten refractory period of those chemicals to teach them tools and skills – to be able to adapt without being in the emergency mode, is called creation – and in that state of creation where the brain isn’t over excited and out of balance. People come up with solutions that were always there, but they didn’t have the mind to see them, because they were driven to a lower denominator because the chemicals of stress were the chemicals that were running their body. So we give people the tools to be able to see that – when again, whether it’s in a company or whether it’s in our workshops, or whether it’s even in the offer that we have this day-to-day – it’s all the same. When people understand it, they’re more prone to execute it.

the aware show

Lisa
Garr



Lisa: It's interesting, because even my own business, I look at things that we used to do, and those things are no longer working. And I have this habit, this old habit of saying, "No, it used to be like this... It used to be this way. This worked in the past, why isn't this working again?" And so I get stuck on old systems – and I can imagine, in a much bigger corporation, where employees say, "Well wait, how come this is changing? Why is this changing?" And so many people wanting to stay with what is comfortable.

Dr. Joe: Mmm.

Lisa: So, I understand what you just said... So that creates a stress response in my body. So what if I were to go into the company as an employee, and say, "Alright, I'm going to go into this with a fresh mind..." And can I set maybe a state of mind by saying, "Anything that's different, I look at as positive?" – or I mean how do I be able to set myself up for that change – NOT creating the stress response, Dr. Joe?

Dr. Joe: Okay, well it's really easy, it's very, very easy.

Lisa: Thank you.

Dr. Joe: Look, I was just in that company on the East Coast last week. And they're instilling all kinds of change... If you give people the biological model of what happens when you learn something new... Okay let's just say the company or you know, your relationship, your job, it doesn't matter – all of a sudden, you have to adapt and change. Now the 1 ingredient that makes change so easy is information. If you've got an hour and a half course on the new program that you're instilling, and how the old program was outdated, and the reasons why – you would be more prone to put your energy behind it. So we have 3 brains that allow us to go from thinking to doing, to being. So the first brain is called the neo-cortex, it's the thinking brain – it's the seat of your conscious awareness. It's that organ on the outside that looks like a walnut with all its folds and valleys. It's the largest in human beings. And because it loves to gather information – as you're learning new information, you're making new connections in your thinking brain. Now this is how we started the conversation. So now you're sitting in a lecture, and the upper-management is giving you the new way of doing things. And you're understanding why you have to do it this way, you're breaking out into great break-out groups, and you're reviewing it. You're wiring that information, that philosophy, that new data, that intellectual, theoretical, philosophical information – knowledge in your thinking brain, right?

Lisa: Right, well can I give you an example to go off of as we're going through this?

the aware show

Lisa
Garr



Dr. Joe: Sure.

Lisa: There's like, a huge retail company that has just experience huge pay cuts – as most of the retail industry has – and every single person in the company, in order to keep their job after seeing their friends being laid off, and their bosses being laid off... They're being told they have to take a pay cut in order to keep their jobs. Okay, so there's the "Why?" There's the thinking brain saying, "Okay, here's the information, if you want to keep your job, you have to take a pay cut." Okay, go off of this example. And this is real – this actually happened.

Dr. Joe: Okay, so now, I don't know if this is ALL of the data, but now if a person understands, "Okay, look... You have to take a pay cut, however, there could be incentives where you could make that money up – IF you were able to cross certain thresholds, or make the company a certain amount of money..." Let's just say that now that they understand of what has happened, and they understand that intellectually, there's got to be a "doing" element involved. – In other words, the person has to now take the knowledge of what they've learned, and they have to apply it. They have to personalize it, they have to demonstrate it – they have to modify their behaviors in some way, they have to change their actions. Now, let's just say that the company says, "There's going to be a cut in pay because our revenue is down..." but at the same time, "Here are the incentive programs where you can make your money back if you were to take on new accounts, and you were to..." – I don't know. So then the person then has to adapt, and change by creating a new model. Now, if the company does not provide an alternative for growth, and they're just cutting back without an alternative for growth – that company probably won't sustain a long-term change. But if they inspire their employees to come up with new ways of doing things, those new ways of doing things will create new experiences – those new experiences will create new emotions, and those new emotions then will begin to cause the person to step outside of the insult that was created from the pay cut.

Lisa: Or they can create a habit or a hobby, or something like that, like a dog-walking business that makes some extra money, or they could go outside the box and do it themselves. Right, okay.

Dr. Joe: Okay, let's say it like that... So they're taking a loss in their pay, but they also understand now, they have to be creative – and they have a child in school, and they have to cover their tuition. So now the person starts to think outside the box... they start to read a book on network marketing or... and they begin to say, "Okay, I could do this, if someone else did it... and so now I'm working less hours, and I have a little extra time, and I'm going to create this online business..." And so they take all that information they learn – they apply it, when they apply it – that means that they're going to get their body

messages that inspire positive growth and change

The aware show

Lisa
Garr



involved and do something differently – when they do something differently, they’re going to have a new experience – the new experience is going to enrich the circuits that they’ve learned intellectually... And it’s going to begin to emotionally teach their body to understand what their mind has intellectually understood. In other words, knowledge is for the mind, but experience is for the body. So when they actually get their first check from their new internet company, and the revenue is greater than their salary for the whole month, and they created that in one week – the emotion that’s created from that experience – called success, or wealth, or abundance – now they’re teaching their bodies abundance. They’re teaching it literally, chemically to understand what their mind has intellectually understood. We could say they’re embodying knowledge in that moment, the word is becoming flesh, it’s no longer philosophy – they know what success feels like. Now this is where it begins to become visceral, but it’s not enough to do it once, because if we do it once – we have the new experience, we activate the second brain called the limbic brain – or the chemical brain, or the emotional brain – we have to be able to repeat the experience. Do it over and over again – over and over again. And if you can do it over and over again, you’ll neurologically and chemically condition your body to memorize success or abundance as well as your conscious mind. Now when your mind and body are working together, or your body knows as well as your mind – you activate that third brain called the cerebellum – the seed of your subconscious. You’ve done it so many times, you no longer have to think about it, in fact, you know how, but you don’t even know how you know how, because you’ve done it so much. It’s non-declarative, in other words, it’s who you are, it’s your state of being. And when you’re in that state of being, we could say your body and mind are working together... It’s innate in you, it’s who you are, it’s second nature, it’s automatic – you are abundance, and you’ve just evolved that of an old state into a new state.

Lisa: As one, oh that is beautifully stated. That is beautiful, I hope you all followed that. Listen to the replay and follow that. That is so amazing, because so many people... I mean... My senior-citizen mother in-law who works at *Trader Joe’s*, and that’s it... she has no pension – nothing left over, she has a ten dollar an hour job, and she’s trying to figure out how she’s going to live for the next 20, 30 years. She’s an amazing juicer, she makes incredible green juice... So I’m trying to teach her, “Okay, make a green juice business, you can sell these. You can do a delivery service – people need this for their health. And then she creates that in her head over and over, and how it will feel, and create it in her body, and understand how incredible she’ll feel when she gets it all working and together – and gets out of that stress and survival, and gets into a place of helping people heal. Then she does that over, and over, and over, in her head – then it

the aware show

Lisa
Garr



becomes second nature, and then there she is, she's completely out of that problem in her life. I hope I got that right.

Dr. Joe: You did. And as a matter of fact, the key part is that we all have the biological and neurological machinery to do this. And what if the worst thing that happened to you is the best thing that happened to you – you can change it!

Lisa: Yes!

Dr. Joe: You know, our adversity then defines us – we either stay stuck, because the experience brands us so emotionally that we can never climb out of that experience, which means now we're living in the past. Or we can use that experience to challenge us and have us transmuted into something else.

Lisa: Ugh, yes – absolutely! God, are you guys getting this? Are you as excited about this as I am? This just makes SO much sense to me! I just, I love it. And it's partly because I just listened to hours and hours of you talking about this, so now hearing this call – you cemented in those learning's for me, I totally get what you're talking about.

Dr. Joe: Now here's the key point – You already know how to do this. Everybody that's listening to this already knows how to do it. We've done this so many times in our life... Whether you want to be a better parent, whether you want to be successful in your job, whether you want to go and study a new skill or new trade at a college or university or a tech school... You had to learn it first, you had to practice it, you had to get your body involved, you had to get some instruction, you had to get feedback – and you made your way evolving your being. The problem is... is that most people stop. They get to a certain point, and then they say, "This is who I am..." Instead of saying, "Okay, let me run through this cycle again. It never ends – I'll keep evolving my being until I arrive at a certain point where I'll change it again!"

Lisa: You're right – you can't stop at the first thing that goes wrong, or the first upset -- It's going to happen.

Dr. Joe: You've got to keep going.

Lisa: Absolutely, okay so we've made it really easy for you now... If you go to theawareshow.com/drjoe – we made it really easy for you to remember there. These are the ways that you create lasting change – is you become aware of what the thoughts and the beliefs, and the actions and reactions, and all that Dr. Joe has been talking about happen – in terms of the old patterns, and how to then use that chain reaction there to focus on your internal growth on what you do want, and how to create new ways of being so that your mind accepts and embraces, and it is enthusiastic about these new synaptic

the aware show

Lisa
Garr



connections that happened in the brain. And so, you get rid of the ones that no longer serve you, and you create the ones that do serve you – so that YOU are in charge, that YOU are in control, and that you're not any longer subject to the old patterns that happened. So again, if you go to the website theawareshow.com/drjoe, incredible change is right here at your fingertips – it is embraceable, it is doable, you have all done it before. Dr. Joe just puts it into a scientific pattern that makes it so easy to grasp. And I know you listening – you're there already – you're at that tipping point, you just need the key to unlock it. Let me know what you think about it after you listen to it, and enjoy. And thank you so much, Dr. Joe, I get you, I love you. I think that what you talk about is FASCINATING.

Dr. Joe: How sweet.

Lisa: And I really, really do – as you can tell, I am very enthusiastic about your work. So, I will talk to you again, I'm sure...

Dr. Joe: Well, I hope we've changed some minds today.

Lisa: I believe we did. Just because I'm so enthusiastic about it!

Dr. Joe: How sweet.

Lisa: I'm committed to it! Alright, I'm excited, thank you so much, Dr. Joe, for your knowledge, and for your information that you shared with us today – and for unlocking many peoples' ability to be able to create change – and for giving us the confidence to know that we can.

Dr. Joe: Well, I appreciate you very much, Lisa, and thank you for everything that you do, also.

Lisa: Absolutely, we'll keep it going. Alright, until next time, okay?

Dr. Joe: Okay, Lisa.

Lisa: Okay, bye-bye.

Dr. Joe: Bye-bye.

Lisa: Alright, and thank you all so much for being a part of this conversation, and for understanding from every level here – a scientific level that you really can, you are and you will create incredible change in your life – however it is that you want it to be.

messages that inspire positive growth and change

the aware show

Lisa
Garr



It could be undoing old patterns, it could be creating new ones, it could be figuring out how to deal with the constant flux and change – this time that we’re in right now of constant change... And that is the only thing that is predictable. This is priceless, so I just thank you so much for being a part of these calls – because of your energy, these calls happen, and it is because of your energy exchange that they are so wonderful, and so great to be a part of. So thank you so much! Thank you to the amazing team that we have for *The Aware Show*... You guys are all incredible – Gina, Joyce, Cliff, Frank, Ken, Bo... You guys are awesome! Thank you so much, and until next time – I invite you to stay AWARE.

–end of transcript–