



Today's Chiropractic - July/August 2005

**Physics, the Brain and Your Reality**  
**An Interview with Dr. Joseph Dispenza**  
By Amy Dusek

One of the hot topics in chiropractic today is the movie "What the Bleep Do We Know!?" and Joseph Dispenza's, D.C., research on physics, the brain and personal reality. During Life University's Life Source seminar in April, I received the opportunity to interview Dr. Dispenza.

His research and appearance in "What the Bleep Do We Know!?" has quickly made Dr. Dispenza what most would consider a chiropractic celebrity. And, I know why—he's an easy person to like. His kind features and demeanor overpower his amazing (and somewhat intimidating) intellect. Plus, what I learned from our 40-minute conversation is, well, mind blowing. In short, his research holds the key to living your best life.

*TC: How did you go from chiropractic practice to physics, the brain and personal reality?*

JD: The truth is I spent a lot of time researching the spontaneous remission from disease. I wanted to understand what got them well. I'm not talking about colds and flu, I'm talking progressive pathological conditions such as cancer, diabetes and heart disease. I started researching people who were sick. Looking at before and after test results and findings without any intervention. I wanted to see what it was that caused them to be healthy. By changing their mind they produced a significant change in their health. Once I understood that I had to address what mind is.

What is mind? That led me to research on the brain and the latest diagnostic brain imaging. Quantum physics says our observational mind is a direct player in the nature of reality. From there that began my journey to unravel the concept mind and health and physics, body and reality.

*TC: What did you learn?*

JD: The first thing I learned is the mind is the brain at work. The brain in action is a different aspect of the mind.

The thinking brain, the neo cortex, is the seed of our freewill and allows us to have a choice and opinion. The one thing I noticed about people who had changes in health had changed their thinking. If they changed their thinking was the effect in the brain sending a new signal to their body? The answer is yes. We begin to construct new thoughts based on new knowledge. This wires our thoughts permanently in our brain, in the innate intelligence or spiritual essence, the higher order in every human being.

Our thoughts have a direct connection to our direct level of health. Thoughts make a chemical. If you have happy thoughts then you're producing chemicals that make you feel happy. If you have negative thoughts, angry thoughts or insecure thoughts, those thoughts make chemicals to make you feel how you're thinking.

Those chemicals are messengers feeding the cells of the body. If you keep thinking the same thoughts for 20 years you have an assault on the cells. They begin to cause the cells to produce proteins that are unhealthy.

We do one thing as our privilege as human beings that is to modify our behavior. If you are not changing your thoughts you're living from the emotions of the past and that's what causes people to become diseased.

*TC: That's big.*

JD: It's a biggie but it's the truth.

My research and what I have been teaching starts with a thought and goes to the cell. Thoughts push the genetic buttons that cause disease.

Feelings and emotions are the product of an experience. The problem is at a certain point in life people stop experiencing new things and new chemicals. They rely on feelings of the past.

*TC: How does this relate to chiropractic?*

JD: (Laughs) It relates to everything. On the fundamental level that intelligence lives within everybody. It's how to drive innate, it will work for you. That's the fundamental level.

To the responsibility of the chiropractor, it's up to him and her to educate patients about change. We can talk about diet and exercise, nutrition and all of those things, but if you don't change your attitude, that disease or condition will always make its way back.

*TC: How do you teach this to others?*

JD: Study the anatomy of your thoughts. Most of our thoughts are automatic and those are the ones that run our behavior. Once we understand the way we process thought, people begin to understand what it is about them that keeps them separate from what they want in life.

*TC: Some people may not believe this is possible. Can they change their thinking?*

JD: They don't have to be open to it once we start talking about some basic ideas everyone can relate to and give knowledge based on science—not dogma or hearsay. There is sound evidence that our thoughts do matter.

We always replace those old patterns with a greater ideal of ourselves. If rehearsed mentally, we will grow new circuits in the brain, the platform in which we stand on to execute a new level of self.

Most people don't take the time to do that. Most people complain about circumstances.

*TC: What is an easy way to implement this idea into your daily life?*

JD: Anytime we embrace change in order to interrupt a program that runs life ask important questions like: "What would it be like to be a happy person, a successful person, an impeccable person?"

What is the greatest ideal of myself that I could have?

Who do I know in history that inspires me?

What would I have to change in order to be great?

Ask yourself these questions every morning; you have to stop the program from running for a few minutes. The brain begins to reformat in a new sequence of neurological connections. Now we know scientifically that if that process is repeated the neurological architecture will change within it, and we start growing new circuits.

So once we grow new circuits, we're preparing the body and brain for a new experience and we are no longer going to be our routine, automatic self. We each have the privilege of being a human being with the freewill to change in the same lifetime, instead of after generations of adaptations.

And then we begin to create new circuits, which become the circuits we rely on more than the old familiar circuits. And, that's the cliff notes version of the course.

*TC: What can you expect if you put this into practice?*

JD: The side effect of these efforts is always unpredictable and a surprise experience. There is never an experience in life that is not equal to how we are wired neurologically, which means that doors open for new opportunities. You have more backing from a greater mind and your intention based on your efforts allows you to see some type of change in your life. Which is the whole reason we're doing it in the first place.

Another side effect is you don't get caught up in same emotional patterns and that's where most people get stuck.

*TC: How has your life changed by building new circuits?*

JD: I have created outrageous opportunities in my life. I have a great practice, I travel around the world. I have synchronistic events. I meet the researchers that I want to meet.

When I do this process I have had both mystical experiences and downright practical experiences that make me a better person.

It takes making an effort. We know the brain will capture a thought. Learning is making new connections, memory is maintaining those connections. When we remember ourselves neurologically, it's the same process.

*TC: What's your next step?*

JD: My book [Evolving Your Brain and The Science of Creating Personal Reality] should be out in the fall around October or November. Right now, for the rest of the year I'm in a different city each week lecturing. As for the future, let's see what the great mind has in store for me.

**Learn more about Dr. Dispenza's research by visiting his website,  
<http://www.drjoedispenza.com>.**

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