

Change from Pain of the Past to Joy of the Future | Dr. Joe Dispenza

Video Source: [Gregg Braden Official](#)

How can we move past the pain of yesterday and into the joys of a new future? By breaking the habits of the old self and creating a new self. Joe Dispenza explains how we can break out of the loop of redundant thinking, as the body can get stuck in the emotions of the past. By teaching the body what a new future feels like, it learns how to let go of pain from the past and start living in a more positive future.